



What is a doula?

A doula is a trained professional who provides continuous physical, emotional, and informational support to a mother before, during, and after childbirth to help her achieve the healthiest, most satisfying experience possible.

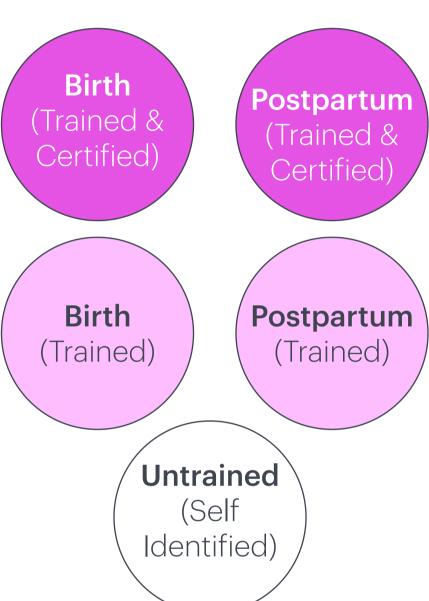
Doulas in the U.S.

There are approximately 9,000 birth and postpartum doulas.1

In a 2012 U.S. survey, 6% of birthing people said they utilized a doula's services during childbirth.²

- 1. Doulamatch.net
- Declercq, E. R., Sakala, C., Corry, M. P., Applebaum, S., & Herrlich, A. (2013). Listening to Mothers III: Pregnancy and Birth; Report of the Third National US Survey of Women's Childbearing Experiences. New York, NY: Childbirth Connection

Types of doulas



Internationally Recognized **Certifying Bodies**



Doulas of North America (DONA) International was founded in 1992 and is the world's first, largest and leading doula certifying organization.



The International Childbirth **Education Association (ICEA)** was founded in 1960. Their vision is a nurtured world through professionals trained in familycentered maternity and newborn care.



Childbirth and Postpartum **Professional Association** (CAPPA) was founded in 1998 and is an international certification organization for doulas, childbirth educators and lactation educators.

Utah

Birth Doulas - 139 Postpartum Doulas - 25 (Doulamatch.net)

To learn more about doula care visit:

- utahdoulas.org
- dona.org
- cappa.net
- icea.org
- doulamatch.net
- marchofdimes.org

Where doulas attend births

