

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.

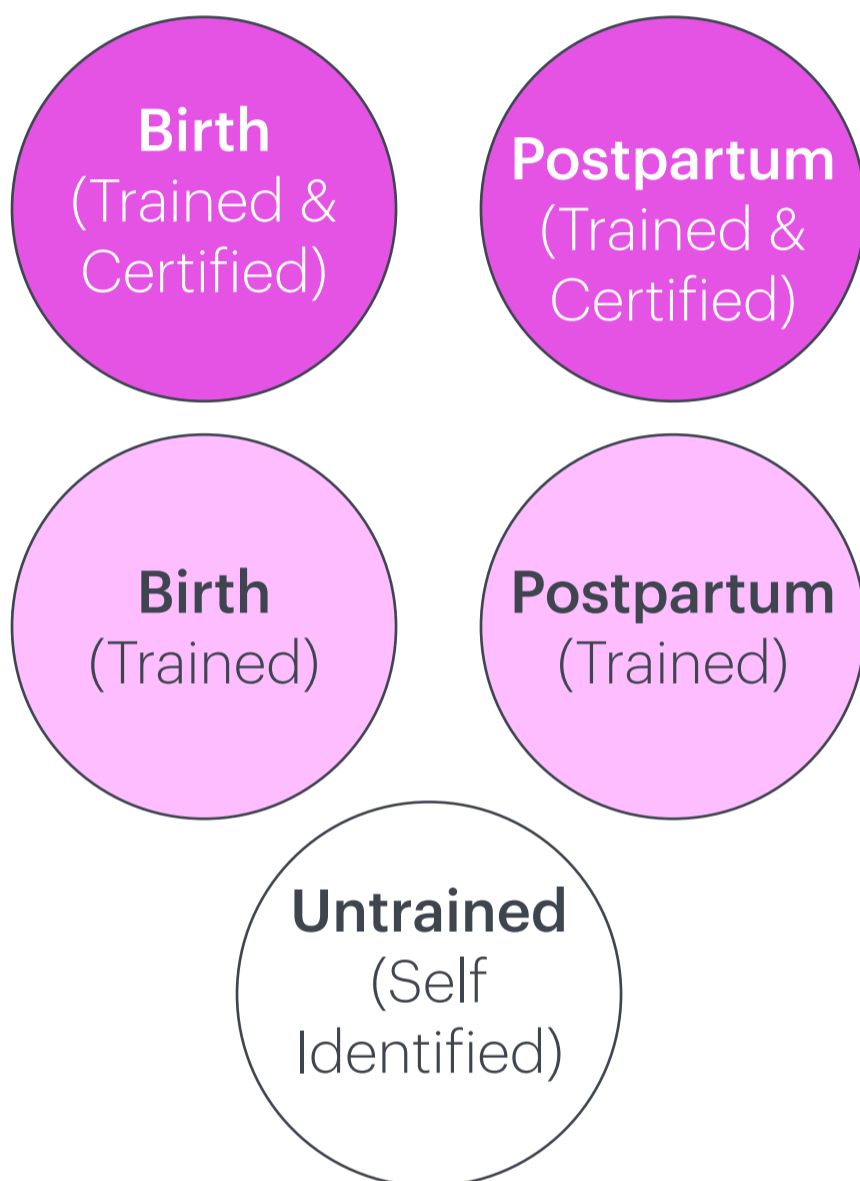
Doulas in the U.S.

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
2. 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 family-centered 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
- icea.org
- dona.org
- doulamatch.net
- cappa.net
- marchofdimes.org

Where doulas attend births

