

## FIVE REASONS TO HAVE A BIRTH DOULA SUPPORT YOUR CESAREAN



### BIRTH PLANNING

A birth doula brings a wealth of knowledge about options that parents may wish to consider and discuss with their health care provider if a cesarean birth is necessary that helps the experience be both satisfying and significant.

### CALMING PRESENCE BEFORE & DURING THE PROCEDURE

A doula can provide immediate help with distractions, and relaxation techniques while the family is prepared for the surgery and during the birth. Going in to a cesarean prepared and confident really helps.



### REMAIN WITH THE BIRTHING PERSON IF BABY GOES TO NICU

If a situation develops where a baby needs to go to the neonatal intensive care unit (NICU) immediately after birth, the partner or support person is free to go with the baby while the doula remains with the person who gave birth.

### IMMEDIATE LACTATION SUPPORT

A birth doula can assist the birthing parent in initiating newborn feeding as soon as the baby starts to show feeding cues and the parent is ready. A birth doula can assist in hand expression or pumping if the baby is in the NICU.



### PROCESS THE BIRTH EXPERIENCE POSTPARTUM

At a postpartum visit, a birth doula can listen to the family as they process the birth experience. A birth doula can offer resources such as support groups, counselors, lactation consultant, physical therapists, massage therapists, postpartum doulas and more.

FIND YOUR DOULA AT [DONA.ORG](https://dona.org)