

The purpose of a cultural doula is to give you support in your own language when you give birth.

The doula supports you and your family and facilitates communication with the healthcare staff during childbirth.

The doula is trained in providing support during childbirth and she also knows Swedish healthcare well. She can help explain what will happen during your pregnancy and how maternity care works in Sweden.

The doula can meet with you and your partner once or twice during the pregnancy so that you can get to know each other and plan together how you want the birth to be. These meetings usually take place during the day on weekdays.

The doula cannot give you medical advice, but she can help you get in touch with the right people if you need extra help or support from healthcare during pregnancy.

The doula can help you contact the labor ward to get help from the midwife deciding when it's time to go to the hospital.

The doula will meet you in the labor ward. If the midwife determines that labor is in progress and that you need to stay in the hospital, she will stay with you until your baby is born.

If the doula is sick or unable to come when it's time for you to give birth, a colleague of hers will help you in her place.

The doula can also visit you at BB or at home after the birth if you want. She can also give tips on activities and meeting places for you as a family.

- It is important that you call the doula when labor starts so that she has time to prepare.
- It costs you nothing to get help from a cultural doula.
- The doula has a duty of confidentiality. Nothing you say or do she will tell anyone else!
- You must go to the labor ward yourself when it is time. If everything is normal with the pregnancy you can not go by ambulance to the hospital, in Sweden.