

A community-based doula provides physical and emotional support when you are about to give birth. She supports you before, during and after the birth and speaks the same language as you. She helps you to feel safe and to understand the staff at the hospital more easily. The doula knows how the healthcare system works and can explain it to you. The community-based doula is a support person and cannot give you medical advice, but she can help you get the right help from the healthcare system if you need it.

BEFORE: The community-based doula meets with you and your partner during pregnancy so that you can get to know each other and together plan how you wish things to be during the birth. It is important that the father-to-be also meets with the doula so that the collaboration is as good as possible.

DELIVERY: The community-based doula can help you call the birth center when it is time to go to the hospital. It is important that you call the doula well in advance when the birth starts so that she has time to prepare.



The doula comes to the hospital when the midwife decides it is time, so that you get support when you need it most. The doula supports you during labor so that you feel safe and helps you understand what is happening and what the healthcare staff is saying.

The community-based doula is bound by confidentiality. She will not tell anyone else anything you say or do.

AFTER: The doula will also meet with you after the birth, at the hospital or at home. She can then help you get answers to questions about the baby and the time after the birth.

It costs nothing to get help from a doula, but if you want to cancel the doula support, you need to do it as soon as possible, so that the doula can help someone else instead. Many women want support from a community-based doula. You can tell your midwife or the doula herself.

