

FAQ

Frequently Asked Questions

When should I hire a doula?

It's recommended to hire a doula after the third month of pregnancy. The earlier you secure a doula, the more time you'll have to exchange valuable information and fully benefit from the support offered. For postpartum care, it's also advisable to book as early as possible, as our schedules tend to fill up quickly, and availability may be limited.

What is a doula and why is it important?

A doula is a trained professional who provides continuous physical, emotional, and informational support to a mother before, during, and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible. Doulas, while not medical professionals, collaborate with healthcare providers to offer complementary care.



Importance of a Doula:

1. **Emotional Support:** Doulas provide consistent reassurance, encouragement, and comfort to the mother. They help manage fears and anxieties related to childbirth.
2. **Physical Support:** They assist with pain management techniques such as breathing exercises, relaxation techniques, and positioning. They also provide comfort measures like massages and warm baths.
3. **Informational Support:** Doulas offer evidence-based information to help mothers make informed decisions about their care. They explain medical procedures and options, allowing the mother to feel more in control.
4. **Advocacy:** Doulas help ensure that the mother's birth plan and preferences are respected. They facilitate communication between the mother and healthcare providers. This makes the mother feel more in control of the birthing process, which can reduce anxiety and stress. Additionally, facilitating communication helps ensure that the mother is well-informed about the available options, allowing her to make conscious decisions about her birth. Respecting the birth plan can also help avoid unnecessary medical interventions, promoting a more natural and healthy birth when possible.
5. **Postpartum Support:** After the birth, doulas provide support with breastfeeding, newborn care, and adjusting to life with a new baby. This support can help reduce the risk of postpartum depression.

What is my partner's role during labor?

The process is a true partnership! Our doulas are here to support both of you. They will guide the partner through every stage, from understanding the phases of childbirth to learning effective massage techniques to relieve discomfort. Together, you can create a more empowering and comfortable birth experience.

Do we accept reimbursements or insurance?

At the moment, we are not accepting health insurance.

We have numerous cases of clients who have been reimbursed, and we have extensive experience in this area. We have the necessary documentation for reimbursement through benefit agencies, such as Maven and Carrot.



Why hire a doula through an agency?

1. **Professionalism and Credibility:** Our agency, dedicated to providing doula services, ensures rigorous selection and training processes for our doulas, guaranteeing a high standard of professionalism and competence.
2. **Service Guarantee:** When you choose our agency, you benefit from assurances regarding doula availability during childbirth and postpartum, along with replacement guarantees if necessary.
3. **Additional Support:** We offer comprehensive support beyond doula services, including educational resources, support groups, and connections to other childbirth and postpartum care services.
4. **Care Coordination:** We excel in coordinating care among doulas, healthcare professionals, and medical teams, ensuring a seamless and integrated experience for mothers.
5. **Diverse Expertise:** Our team boasts diverse expertise with various specializations and experiences, ensuring you find a doula who perfectly matches your specific needs and personal preferences.