



Doulas help make birth better!
They nurture, support and offer expert guidance for families during their pregnancy, birth and the early postpartum time.

Birth is where it begins.

"If a doula were a drug, it would be unethical not to use it."

-John H. Kennell, MD

Get in touch

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 [/DoulaDirectory](https://www.facebook.com/DoulaDirectory)

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Doula Information

Name:

Contact:



Doula Network

A U S T R A L I A
I N C O R P O R A T E D



What is a Doula?

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A doula is a companion who supports a birthing person during labour and birth.

Doulas are trained to provide continuous, one-on-one care, as well as information, physical support, and emotional support.

There are two main types of doulas – birth doulas and postnatal doulas.

Birth Doulas:

Birth doulas specialize in supporting you during your pregnancy and birth.

Postpartum Doulas:

Postpartum doulas specialise in supporting you after the birth. Some doulas provide antenatal support but do not attend births.

WWW.DOULADIRECTORY.COM.AU

About Doulas

DOULA DIRECTORY

ABOUT DOULA NETWORK AUSTRALIA INC.

Doula Network Australia Inc. is the national association for birth and postnatal doulas in Australia.

We have members all around Australia who are passionate about supporting mothers and families during pregnancy, birth and/or the postpartum period.

DOULA DIRECTORY

The Doula Network Inc are the national association for birth and postnatal doulas in Australia. We have a network of over 400 + doulas and student doulas across Australia and continue to grow!

The Doula Directory helps parents find a doula to contact in their area and reach out for birth or postpartum support.

The Doula Network also feature doulas who provide support and care for bereavement and end of life support.

THE EVIDENCE ON DOULAS

Continuous labour support has been shown to have positive pregnancy outcome benefits, including improved satisfaction with the birth and a rise in self-esteem of the mother.

This could positively impact the mother-baby relationship in the postpartum period as well as breastfeeding initiation and continuance.

According to a 2017 Cochrane Database Systematic Review, "Continuous support in labour may improve a number of outcomes for both mother and baby, and no adverse outcomes have been identified. Continuous support from a person who is present solely to provide support, is not a member of the woman's own network, is experienced in providing labour support, and has at least a modest amount of training (such as a doula), appears beneficial."**

**Bohren MA, Hofmeyr GJ, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub6. Accessed 23 July 2021.