

What is a DOULA?



NEW MEXICO HAS A TRADITION OF COMMUNITY-BASED DOULAS, a model of support intended to provide culturally competent and affordable support across the pregnancy spectrum to Indigenous, Black, Latine and people of color communities to improve health outcomes and reduce racial disparities.

DOULAS...

- Honor, affirm and empower the birthing person's choices
- Hold emotional and spiritual space
- Help you prepare for labor with childbirth education, nutrition, creating birth and postpartum plans, infant feeding and providing resources
- Offer continual, hands-on, non-judgmental support such as massage, breathing techniques, visualization and other coping measures. They can also offer emotional support, advocacy and empowerment of your choices
- In the postpartum period, doulas support and assist the family in navigating the transition period by helping the birthing person to rest and heal, supporting infant feeding, educating on baby cues and behavior, and managing meals and housekeeping
- Doulas work with your family as a member of your support team



Benefits of having a DOULA

Doula care has been shown to: improve birth outcomes and overall birth satisfaction; result in longer duration of breast/chest/body feeding; and reduce cesarean deliveries and preterm births, the use of epidurals, and overall facility costs.

Doulas focus on you, so you can focus on your experience!

DOULAS Respect and Support all Choices — This is YOUR EXPERIENCE.

Doulas can provide personalized emotional, physical, and educational support for a variety of reproductive and life experiences including:



Doulas are NOT midwives or medical personnel. Doulas cannot give medical advice, medication or perform medical procedures but do provide references and referrals.

Finding your DOULA

Birthing people come from many backgrounds, and doulas do too. Whether you are looking for a close bonding experience with your doula, a more hands-off approach, or one based in your cultural traditions, there is a doula out there for you!

How to find a DOULA

Ask friends and healthcare providers, New Mexico Doula Association's directory, Indigenous Women Rising, Changing Woman Initiative, Tewa Women United, search engines.

Costs for DOULA Services

Doula services are NOT currently covered by most insurance in New Mexico and costs will vary depending on specialty and experience, many doulas offer payment plans, some offer sliding scale or trade for service, & some doulas offer some services for free. Interview and find the doula that's right for you!