

Doula Care



“Striving for birth equity through unity and empowerment.”

The transition from pregnancy to motherhood is a sacred and powerful journey. This experience can also bring anxiety, fear, and uncertainty.'

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Doulas give a culturally grounded layer of emotional support that help black mothers feel seen, heard, and protected through their pregnancy journey.

A doula is a non-medical professional trained to support mothers. Their role is to empower, advocate for you, and help you feel safe and supported at every step. They do not replace medical professionals.

Black doulas and culturally competent doulas provide support that honors cultural traditions, understand historical trauma, and counteracts bias and communication barriers in the healthcare settings.

Research has shown that doula support can lead to reduced rates of preterm birth and C-section delivery, lower levels of maternal stress, increased breast feeding rates, improved postpartum mental health, stronger self-advocacy during labor, and increased satisfaction with the birthing experience.

Doulas can help ensure that your voice is heard and your choices are respected.

Find a doula by looking at The Black Doula Project, The Black Women for Wellness, and your Medi-Cal plan.