

DO YOU HAVE A DOULA?

- Doulas are trained professionals who help you explore options, choices, and desires during pregnancy, birth, and beyond.
- You can connect with a doula at any point during pregnancy, though the earlier, the better.
- Doula care is unique! Doulas get to know you during your pregnancy, stay by your side throughout labor and birth and can continue to offer support after baby arrives.
- During your labor, a doula can offer hands-on comfort measures, breathing and coping strategies, and information to help you feel calm and prepared.
- Already had your baby? Some doulas specialize in helping families transition to life with a new baby.

Find a doula.

Doulas can help all birthing families. To find a doula in your community, visit Michigan.gov/Doula and search the Doula Registry by:



County



Type of service

- Labor and birth.
- Postpartum services.



Medicaid Provider

- Doula services in Michigan are covered by Medicaid health insurance.

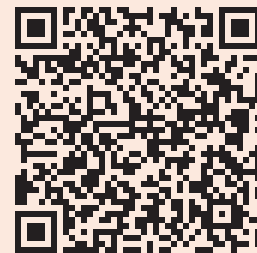
Finding the right doula for you.

Questions to ask:

- Why did you become a doula?
- How long have you been a doula?
- What additional training do you have?
- What is your availability? How many clients do you typically support?
- How often will we meet during my pregnancy?
- Are you familiar with my care provider team and the hospital where I plan to deliver?
- When I go into labor, what should I expect from you?
- How will you help me cope during labor?
- What happens if you're not available when I go into labor? Do you have a backup doula?
- What happens if I have a cesarean section?
- What postpartum services do you offer?



Doula Registry



Doula Initiative Website



**“Thanks to my doula, I went
into labor with confidence.
That support meant
everything.”**

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