MDHHS
Michigan Department of Health & Human Services

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.

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.

Medicaid Provider

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

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Scan to search the Doula Registry

Ask a doula.

Name of doula: _____

Date of interview: _____

Does doula accept my insurance? ☐ Yes ☐ No

Why did you become 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? _____

How will you advocate for me during pregnancy and childbirth experience? _____

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? _____

How will you support the people I would like at my birth? _____

Notes: _____

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