

# WHAT DOULAS DO

## A Birth Doula Can...

- Reduce Pitocin use by 31%
- Reduce Cesarean births by 28%
- Reduce birth trauma by 34%
- Increase breastfeeding by 9%

Sistas Caring 4 Sistas is proud to be a part of MAHEC and work with the Mothering Asheville movement to increase access to these doula services.

A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and after childbirth to support her in achieving the healthiest, most satisfying birth and postpartum experience possible.

Whether it's a family's first baby or their fifth, a doula can help make the birth and postpartum experience better. Doulas support new families through the life-changing experience of having a baby and becoming parents!

Call us if you would like more information about having a Doula support you!

828-767-9825



**SISTAS CARING 4 SISTAS**  
DOULAS FOR SOCIAL JUSTICE