

north memorial doula program

in partnership with everyday miracles



What is a Doula? Doulas are individuals who provide support to women during their labor and birth. While they do not offer medical advice or replace your healthcare provider, doulas do provide continuous labor support which may be helpful to women and their partners. Doulas may use a variety of techniques to help you focus, relax and cope throughout labor. This may include encouraging position changes, offering massage or counter pressure, using music and essential oils, applying cool or warm compresses and offering encouraging words.

Why Use a Doula? Research shows that women who use a birth doula may have shorter labors, fewer cesarean sections and lower rates of epidurals. Some women choose to hire a doula before they go into labor so they can get to know each other during the pregnancy and begin to talk about birth preferences. These doulas may include prenatal or postpartum visits as part of their services, which may be particularly helpful for first-time moms. **However, if you feel like you just need support during labor, using the doula program at North Memorial might be a great option for you.**



How does the program work? North Memorial works with Everyday Miracles, a non-profit organization that offers many prenatal services to women in the Twin Cities. When you arrive at the hospital in labor, the nurse who admits you will offer you the option of a doula if one is available. If you are interested, you can complete a form and the nurse will call the doula to meet you. The doula will typically arrive within an hour of being called. This service will be available for free for anyone with a Medicaid health plan, and for a flat fee of \$300 for anyone else.

What else does Everyday Miracles provide? For those that want more comprehensive support throughout pregnancy and post-partum, Everyday Miracles can match you with an individualized doula. We also provide childbirth education classes, prenatal yoga and access to wellness services like chiropractic and massage therapy. Our accessibly priced services are available to all and provided at no or discounted cost to Medicaid recipients. For more information, please visit our web site, call or email us. We look forward to connecting with you soon!

 **everydaymiracles**
.educate. embrace. empower.

Melissa Gutierrez Nelson
Doula Coordinator

Email: melissa@everyday-miracles.org

Office: 612-353-6293

Direct/Voicemail: 612-254-9771