

Examples of Doula Support During Vaginal and Cesarean Births

Vaginal Birth	Cesarean Birth
<p>Physical Comfort Techniques: <i>these techniques do not offer complete pain relief, but can often make the pain manageable. Most techniques can be used during a medicated labor as well.</i></p> <ul style="list-style-type: none"> • Counter-pressure • Massage and other forms of touch • Positioning • Use of heat and cold, combined with other comfort measures • Breathing (slow, steady and varied) • Mobility/motion • "Rhythmic rituals" • Acupressure • Awareness of tension in different parts of body; help mom release tension and lessen pain • Use of water (tub and shower, when available) • Vocalizations (sounds, singing, moaning, repeating important words or phrases) • The birth ball! <p>Emotional Support</p> <ul style="list-style-type: none"> • Continuous presence with sole focus on supporting mom • Verbal encouragement, praise and feedback • Acknowledgement of her pain and the hard work of labor • Emotional and Mental "Goalposts" – work through fears/concerns of birth, and provide support to acknowledge and move forward through memories of previous births • Reframe thoughts, fears and feelings during labor (turn doubtful/negative statements and words into positive and progressing statements) • Visualizations • Distraction through mental activities/rituals • Focal points <p>Informational Support</p> <ul style="list-style-type: none"> • Prenatal sessions discuss risks/benefits of interventions and procedures used during birth • Help create birth plan • Discuss breastfeeding, skin-to-skin contact and bonding after the birth • Recommended reading lists 	<p>Physical Comfort Techniques: <i>These techniques are used to help physically relax mom during the surgery, birth and repair.</i></p> <ul style="list-style-type: none"> • Massage and other forms of touch, especially to scalp, face, neck, shoulders and hands • Heat and cold to face and neck, as needed and as allowed by surgical staff • Breathing (slow, steady and varied) • Facilitating skin-to-skin contact and bonding between mom and baby, possibly even during the repair • Assistance with breastfeeding/positioning after surgery <p>Emotional Support</p> <ul style="list-style-type: none"> • Continuous presence with sole focus on supporting mom • Verbal encouragement, praise and feedback • Acknowledgement of her strength and the physical work her body has done during pregnancy • Keep mom informed of what's happening to her baby and body during the surgery • Emotional and Mental "Goalposts" – work through fears/concerns of birth, and provide support to acknowledge and move forward through memories of previous births • Reframe thoughts, fears and feelings during the birth (turn doubtful statements and words into positive and progressing statements) • Visualizations • Distraction through mental activities/rituals • Focal points • Nonjudgmental listening before, during and after the birth <p>Informational Support</p> <ul style="list-style-type: none"> • Educate mom and partner about risks/benefits of cesarean birth • Discuss breastfeeding, skin-to-skin contact and bonding after the birth • Suggestions for making surgical birth as gentle and comfortable as possible for mom and baby • Recommended reading for VBAC/Cesarean information • VBAC/Cesarean support groups