

mothercraft birth support

Every woman deserves a doula.

what is a doula?

A doula is a trained professional who provides emotional and physical support and information before, during, and after childbirth. She advocates for your wishes in the hospital or at home and is a support to both you and your partner.

benefits of a doula

- Shorter labours
- Fewer interventions (epidurals, narcotic use, forcep use, caesarean section birth)
- Greater satisfaction with birth experience
- Less postpartum depression
- Greater success breastfeeding

The benefits of doulas are recognized by **The World Health Organization, the Society of Obstetricians and Gynaecologists of Canada, and the Medical Leadership Council** among others.

Testimonials

“I am so thankful for this program, allowing young and low income parents such as my fiancé and I to give our children the best start to life and an equal opportunity to explore our options” – Melissa

“...Thank you for your support, for giving me a birth companion...[She] is a wonderful person, she was there for me before, during and after delivery to date. She was extremely good to me, thank you again” - Maryan

services offered by mothercraft

Your doula will:

- Meet with you before your birth
- Discuss your birth plan, comfort measures during labour, and the anatomy and physiology of birth.
- Be on-call to offer you and your partner physical and emotional support and advocacy throughout your labour and childbirth.
- Meet with you after the birth of your your baby to offer breastfeeding support, help you to process your birth, and to refer you to community services.

Our doula services are offered on a sliding fee-scale to eligible families.

contact information
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