

## What is a Doula and do I need to have one?

A doula is a person trained and experienced in childbirth, who provides physical and emotional support to the mother before, during, and just after childbirth. The word doula comes from ancient Greek, and means “woman’s servant.”

Doulas are hired by the expectant mother, and typically come to the hospital to help her during labor by giving emotional support and providing coping techniques to deal with the pain of labor. Some women hire a doula because they hope to have an unmedicated delivery, and feel that they will need extra support to achieve that goal.

Doulas are not trained medical professionals, and are not licensed to make any decisions regarding the actual care of mom or baby during labor. They don’t have hospital privileges, and are considered a guest of the patient.

We are happy to work with doulas, but whether you have a doula or not is completely your decision. Usually our Labor and Delivery nurses are assigned only one patient to care for at a time, so you will have one-on-one nursing care during labor. Many women feel this is all the support they need in labor.

If you do choose to have a doula, we list below some of the doulas in our community that we have worked with in the past and that we think provide excellent care to our laboring moms. *If you are thinking of hiring a doula that is not on our list, we ask that you OK it with your provider first.* We want to make sure that you choose a doula that will enhance your birth experience and work well with the rest of the team caring for you at this most important time!

- Jenn Leonard (Colorado Mountain Doulas) 581-9041
- Jennifer DeBrito (Eden’s Promise) 377-2311
- Valerie Lassek (Deeply Rooted Birthing Care) 244-2389
- Madeline Schully, Jen Valencia (Metropolitan Birth Support) 720-588-2795
- Sarah York, Bea Wilds, Lauren Silk, Kristen Golden & Jessica Jenks (Springs Doula Circle) 502-6409