



Why Do Families Want Birth Doula Support?

It is estimated that 33% of women experience Fear of Childbirth (FOC) and as many as 14% of first-time moms may have extreme anxiety surrounding the birth process. If you are one of those moms, consider a doula!

A 2017 study shows that having a doula as a member of the birth team is beneficial by showing:

- A Reduction in Cesarean Rates by 50%
- A Reduction in the Length of Labor by 25%
- Reduced use of Oxytocin by 40%
- Decreased Requests for an Epidural by 60%

Doulas are priceless in that they may help you SAVE time and money by giving you better odds of avoiding:

- The Wisconsin average Caesarean Section cost: \$23,746
- Average labor length: 6-12 hours
- Average Epidural cost: \$1416

(1)Journal of Psychosomatic Obstetrics& Gynecology, Sept 2009; 30 (3): 168-174
<https://course.trainingdoulas.com/wp-content/uploads/2016/03/Anxiety-in-Childbirth.pdf>

(2) Continuous support for women during childbirth

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