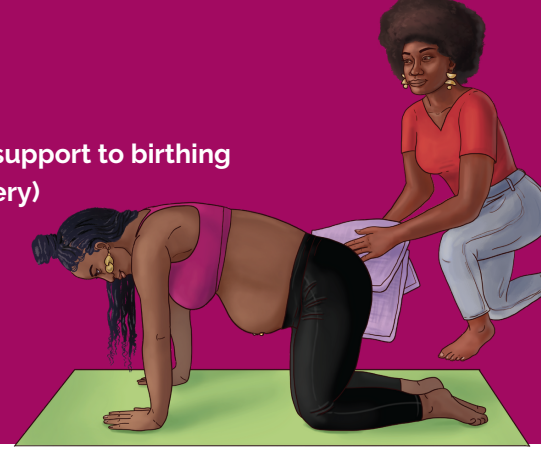


BWPC FULL- SPECTRUM DOULAS

A doula is a trained non-clinical birth professional that provides individualized support to birthing persons and their families during pregnancy, birth, and postpartum (after delivery)

Doulas who provide care through **BLACK Wellness & Prosperity Center (BWPC)** are trained provide full-spectrum pregnancy care. They are there for you not only during labor and birth, but from the moment of your first prenatal visit up to one year of the end of the pregnancy.



DOULAS DO:

- Ask lots of questions and listen to you
- Help your care team listen to you
- Offer to go with you to your doctor appointments
- Connect you with information and resources to help you experience a happier pregnancy
- Find ways to have medical recommendations explained to you until you feel fully informed
- Show coping methods to ease stress and pain
- Encourages you to reach out for any support you need
- Ask questions about your birth plans you may not have considered
- Have only a few clients at the same time
- Help you feel more in control of your birth experiences
- Give you clues stay your healthiest-self during and after pregnancy
- Build a trusting relationship with you
- Share with you what evidence-based resources say about pregnancy and labor
- Collaborate with your care team to give you the highest quality of care
- Know how to decrease your risks of pregnancy and birth complications
- Document the care they provide to clients

DOULAS DON'T:

- Have medical training and they do not replace medical staff on your care team
- Lead birth
- Give you medical advise or diagnose
- Take your vital signs
- Tell you what to do
- Share their personal opinion
- Tell you that there is only one way to achieve a positive birth experience
- Promote practices that are not supported by health data
- Assume they know what you experience, even if they were in similar situations
- Spread rumors or perpetuate mistrust towards medical staff
- Have to be paid out-of-pocket if you are on Medi-Cal and they are Medi-Cal doula providers. As of January 1, 2023, Medi-Cal covers doula care.

LEARN MORE ABOUT BWPC DOULAS AT
www.Blackwpc.org/doulas



Email us to see if you can connect with a doula for free! info@black-enterprises.com