

Information was obtained from *Mothering the Mother: How a Doula can Help you have a Shorter Easier and Healthier Birth* by Klaus, Kennell, and Klaus (1993).

A Doula:

- Helps with relaxation and concentration.
- Encourages nutrition and fluids in early labor.
- Assists by suggesting a variety of breathing and position changes.
- Is constantly focused on the comfort of the mother and her partner.
- She makes sure the environment is one in which the woman feels comfortable and secure.
- Provides comfort, support, information and understanding.

Advantages to Father/Partner:

- A Doula offers comfort, support and guidance to the partner.
- A Doula gives suggestions and focus for the partner during labor.
- A Doula gives the partner techniques she uses to make them feel an active part.
- Partners can direct their attention to loving and supporting the laboring mother.
- The Doula can be objective to the situation whereas the partner may not.