my birth

birth doula services

What is a birth doula?

A birth doula is a specially trained birthing companion. Birth doulas provide emotional, physical, and educational support during labor, birth, and postpartum.

Doulas help both the pregnant person and their partner to feel informed and empowered during their pregnancy and birthing experience. A birth doula is with you throughout your entire labor, providing support and information to help you make the best decisions for you and your baby. Imagine a birth doula as a guide. They understand the ins and outs of birth. They have the skills to facilitate conversations about different procedures or interventions that may be offered. They have context of what to expect at your chosen birth location. They will assist you immediately after your birth as well.



How much does a birth doula cost?

At Quilted, we value doulas as a vital part of your birth experience.Typical birth doula rates range from $300-1800. It is uncommon for insurance plans to cover birth doula services. Therefore, Quilted Health provides partial to full reimbursement for services so you can have a doula at little to no extra cost for you. Contact your doula coordinator for more information.

What can I expect from a birth doula?

A standard birth doula care package includes two prenatal visits, continuous labor support, two postpartum visits, and ongoing availability for advice and questions. Common services include:

- **Prenatal visits before labor begins.** Most doulas offer two visits during your pregnancy. These visits with your doula are different from your prenatal visits with your midwife. In these visits, your doula will help answer questions you have about labor and birth and how they can support you in meeting your goals for your labor and birth.
- **Ongoing support by video and/or phone meetings, e-mail and/or text.** From the time you select your doula, they will interact with you throughout your pregnancy. This may include counseling you on conversations with your provider, helping to research topics and ensure you understand them in order to make informed decisions about your care, providing emotional support, and providing community resources such as connecting you with baby supplies, support groups or more specialized services such as peer lactation specialists.
- **Continuous in-person support during labor and birth.** Your labor may last anywhere from a couple of hours to several days. Your birth doula supports you the whole way. Due to changing rules at hospitals related to COVID precautions, many doulas are now also offering virtual care in the event that additional support people are not allowed at the hospital.
- **Postpartum visits.** Your doula will visit you 1-2 times after your birth to provide physical, emotional and educational support around your recovery and baby care. They will help set up your space for a comfortable recovery and provide resource referrals as needed.

My partner is going to be at the birth. Is doula care still for me?

You may have a partner or partners, a friend, or a family member who's attending the birth with you. Your doula will support their role by giving them pointers on how to support you. Your doula will help them to be present in the way you want them to be. While the doula's primary focus is you, your doula will also help them with reassurance, food, and rest. **Birth doulas can be as much of a support for your partner as they are for you!**

What is the difference between a midwife and a doula?

A **midwife** is a trained medical professional who offers clinical care through pregnancy, labor and birth, and postpartum (among many other services).

A **doula** is a trained birth coach who provides emotional, physical, and informational support to the birthing person. Unlike a midwife, a doula does not provide clinical care. Doulas can be used for different purposes (like postpartum help), but most are hired for labor and birth support.

During labor, clinically trained providers, like nurses and midwives, have other duties to tend to and are less available to provide continuous support. Doulas, on the other hand, are there for you and stay by your side for your whole birth experience.



How does Quilted Health help me get a doula?

Quilted Health helps you with both the cost of a doula and challenges of finding and selecting one that meets your needs.
We will:

- Discuss the benefits of a doula with you in detail during your prenatal visits.
- Provide you with options based on your needs and preferences.
- Offer information on how to set up interviews and choose a doula that works for you.
- Coordinate payment.
- Address any questions or challenges you have along the way.

If you would like to know more, the following page outlines the process in detail. We will review all of this with you during your prenatal visits.

What is the process of getting a birth doula with Quilted Health?

1. During your prenatal visits, your midwife will discuss the benefits of a doula with you in detail.
2. If you're interested in having a doula to support you, a member of our team will reach out. They will discuss how Quilted Health supports you through the selection and reimbursement process. We suggest you select a doula in your second trimester.
3. We will connect you with doulas that meet your needs and preferences from our network. You can then interview and select. If you already have a doula you've selected yourself, that is also fine.
4. Quilted Health will cover the costs of the doula you select from a stipend you receive as part of your wrap-around care with us. If there is an amount of their fee remaining, you will be responsible to pay the doula that difference directly.
5. Share your doula selection with us and we will coordinate details of a deposit and reimbursement with them to secure them for your due date.
6. Your doula will reach out and coordinate next steps to meet with you, typically starting in your third trimester.
7. Our team is here to support you if you have any questions. We'll reach out for feedback about your experience with your doula after your birth. But, feel free to let us know about your thoughts at any point along the way.



Questions?

At Quilted Health, we want to support and answer all of your questions. For non-urgent questions, you can email care@quiltedhealth.com, text your clinic, or send a secure message through your patient portal and we will get back to you within one business day.