



Doulas



One of the oldest professions is the act of assisting another with bringing new life into the world, from villages of experienced mothers who pass down their knowledge to their community, from midwives to the practice of doulas, some of the most important jobs on earth. These roles have not only withstood the test of time but have also grown with the addition of modern medicine.



March of Dimes Supports Doulas!

March of Dimes supports increased access to doula care as one tool to help improve birth outcomes and reduce the higher rates of maternal morbidity and mortality among women of color in the United States.

March of Dimes advocates for all payers to provide coverage for doula services.

March of Dimes recognizes the importance of increased training, support and capacity development for doulas, including doulas from racially, ethnically, socioeconomically, and culturally diverse communities.



The purpose of World Doula Week (March 22-28) and International Doula Month (May) is to empower doulas all over the world to improve the physiological, social, emotional, and psychological health of women, newborns, and families in birth and the postpartum period. A doula is defined as a trained companion, though not a healthcare professional, who supports another individual (the doula's client) through a significant health-related experience, including but not limited to childbirth, miscarriage, induced abortion or stillbirth, or non-reproductive experiences such as dying.



World Doula Week started in Israel as the first Doula Day took place on March 22, 2011. What started as a project spearheaded by Ruti Karni Horowitz and joined by the Childbirth and Postpartum Professional Association (CAPP) now includes all doula and doula organizations worldwide. The event is celebrated March 22-28 annually because March 22 is the Spring Equinox, which often represents the return of fertility in a number of cultures.



May is International Doula Month, and both birth & postpartum doulas are being celebrated for the important contributions they make to maternal-infant health & the family's birth & postpartum experience. [Research on the benefits of doulas](#) consistently demonstrates more positive outcomes for both the birthing person and the baby, including fewer interventions. In fact, in February 2017, the American College of Obstetricians and Gynecologists released a paper, [Approaches to limit interventions during labor and birth](#), and called out doulas as an effective method of improving outcomes during birth. ACOG said, "*Evidence suggests that, in addition to regular nursing care, continuous one-to-one emotional support is associated with improved outcomes for women in labor.*"

To find out more about March of Dimes support for Doulas, [click here](#).