

# DOULA INFORMATION

GRMC supports the use of doulas during:

- Pregnancy
- Labor and delivery
- Postpartum care

Patients may choose a doula for emotional, physical, informational, and non-medical support. This follows New Mexico law, which recognizes a patient's right to doula support. If you have questions, talk with your healthcare provider.

**Please note: Doula services are not offered through the hospital and must be arranged independently.**

For more information, please call (575) 538-4000 or visit our website at [www.grmc.org](http://www.grmc.org).



GILA REGIONAL

Medical Center



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# CARE THAT COMES, FROM THE HEART.

## WHAT IS A DOULA?

A doula is a trained support person who helps during pregnancy, birth, and after a baby is born. Doulas do not give medical care. They offer emotional, physical, and informational support.

## WHY CHOOSE A DOULA?

Studies show that people who have doula support often experience:

- More positive birth experiences
- Fewer medical interventions
- Lower chances of cesarean birth
- More success with breastfeeding
- Greater feelings of confidence and support

## WHO DO DOULAS SUPPORT?

- Doulas support people from all backgrounds.
- They can honor cultural traditions, personal beliefs, and individual needs.
- You can choose a doula who feels like the right fit for you and your family.

## HOW DOULAS HELP

During Pregnancy & Birth:

- Stay with you for continuous support
- Help with comfort measures like:
  - Breathing
  - Movement
  - Massage
- Offer calm reassurance and encouragement
- Help you understand your options and speak up for your preferences

## AFTER BABY IS BORN

- Support rest and recovery
- Help with infant feeding
- Teach baby cues and soothing techniques
- Offer emotional support during adjustment
- Help with light household tasks if needed

## EDUCATIONAL & PLANNING SUPPORT

Doulas may help you:

- Prepare for labor and birth
- Create birth and postpartum plans
- Learn about infant feeding
- Connect with community resources

## COST & PAYMENT OPTIONS

- Most insurance in New Mexico does not yet cover doulas
- Costs vary depending on experience and services
- Many doulas offer:
  - Payment plans
  - Sliding-scale fees
  - Free or reduced-cost services in some cases
- You are encouraged to talk with more than one doula to find the right match

## DOULA CARE IS ABOUT RESPECT & CHOICE

Doulas focus on:

- Respecting your choices
- Creating a safe, supportive space
- Empowering you with information
- Supporting you emotionally and physically

