

Not Just for “That Kind of Mom”



An ethnographic analysis of the perceived benefits
of childbirth doulas in Rochester, New York

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What is a Childbirth Doula?



<http://www.inhabitots.com/should-you-hire-a-birth-doula/>

Research Questions



- What are the perceived benefits of doula-attended births for mothers?
- Why do women opt to have a doula present during childbirth?

Research Questions



- What factors influence women's decisions to use doulas?
- Are there economic or social constraints?

Research Questions



- What do doulas themselves think influence women's decisions to use a doula?
- What do they do to address those issues?

Research Questions



- How do hospitals accept and accommodate the roles of doulas?
- Are they well accepted in hospitals?

Main Objectives



- To gain a better understanding of:
 - The roles of doulas
 - The perceived benefits of doulas
 - Why women choose to use a doula
 - Deterrents from choosing to use a doula
 - Hospital perceptions of doulas

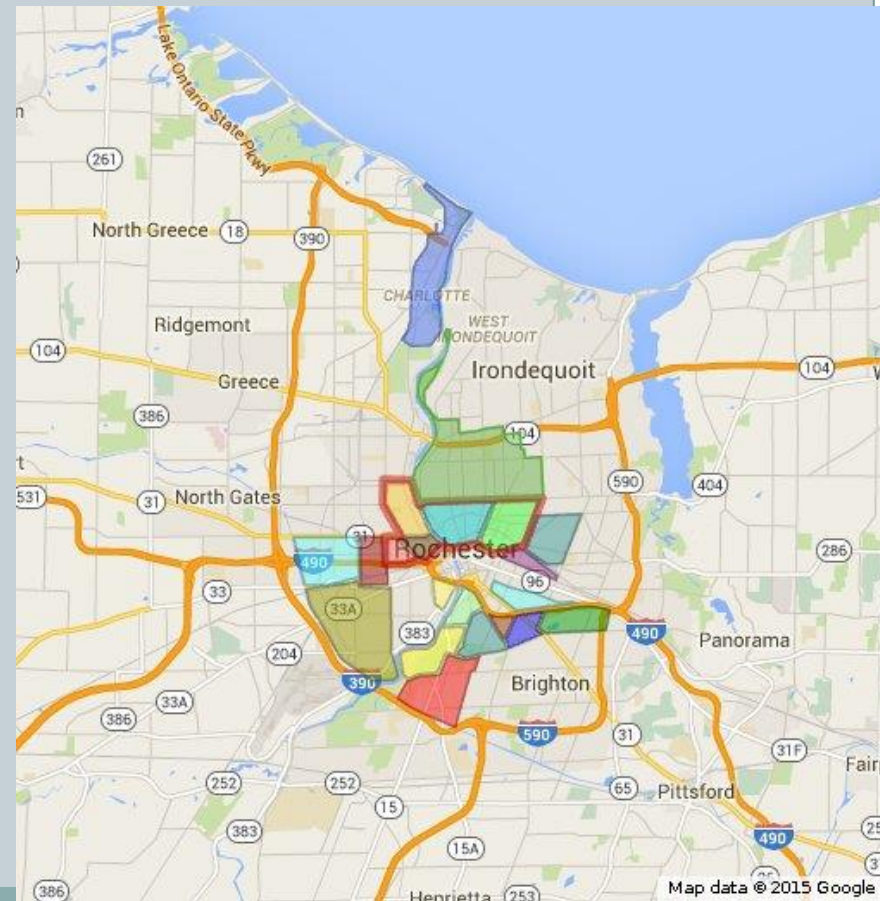


<http://www.massageandbirthing.com/birth-support/>

Research Site: Rochester, NY



- 210,000 people (US Census, 2013)
- Pockets of poverty
 - Decreased access to health care
- 40-50 doulas
 - 20-25 actively practicing
 - Only a dozen taking multiple clients/month



Key Informant



- Coordinator of Beautiful Birth Choices, Rochester, NY
- What they do:
 - “Inform, Empower, Support”
 - Help moms reach their goals



<http://www.eventbrite.com/o/beautiful-birth-choices-1075271579>

Research Participants



- Mothers
- Hospital Staff
- Doulas



<http://www.bestnursingmasters.com/faq/nurse-midwife/>



<http://avenueclinic.co.uk/mother-baby-clinic/>

Layers of Support



- Informational
- Emotional
- Physical

<http://desmoines.citymomsblog.com/the-doula-difference/>

Informational Support



- Provide resources
- Answer questions prior to birth
- Answer questions during birth
- Clarification/alternatives of medical procedures



Emotional Support



- Setting a calm tone
- Constant encouragement
- Reassurance



Physical Support



- Stretches
- Massage
- Counterpressure
- Spinning babies

<https://www.pinterest.com/pin/60094976248731251/>

Doula Don'ts



- Medical interference
- Pushing personal opinions onto moms
- Speaking for moms
- Going against mom's birth plan without permission



Perceived Benefits



- Continuous support
- Protecting the space
- Advocating



Additional Benefits



- Support for partner
- Breastfeeding support
- Reframing the birth in a positive way

<http://www.doulaginnysbirthsvcs.com/dads-and-doulas.html>



<http://breastfeedingsupportofrochester.strikingly.com>

Hospital Perception



- Overwhelmingly positive
- Collaborative
- Team atmosphere



<http://jennifermasonphotography.com/doulas-of-denver-natural-hospital-water-birth/>

Negative Perceptions



- Overstepping their role
- “One bad doula...”
- Create “high maintenance” moms

Deterrents



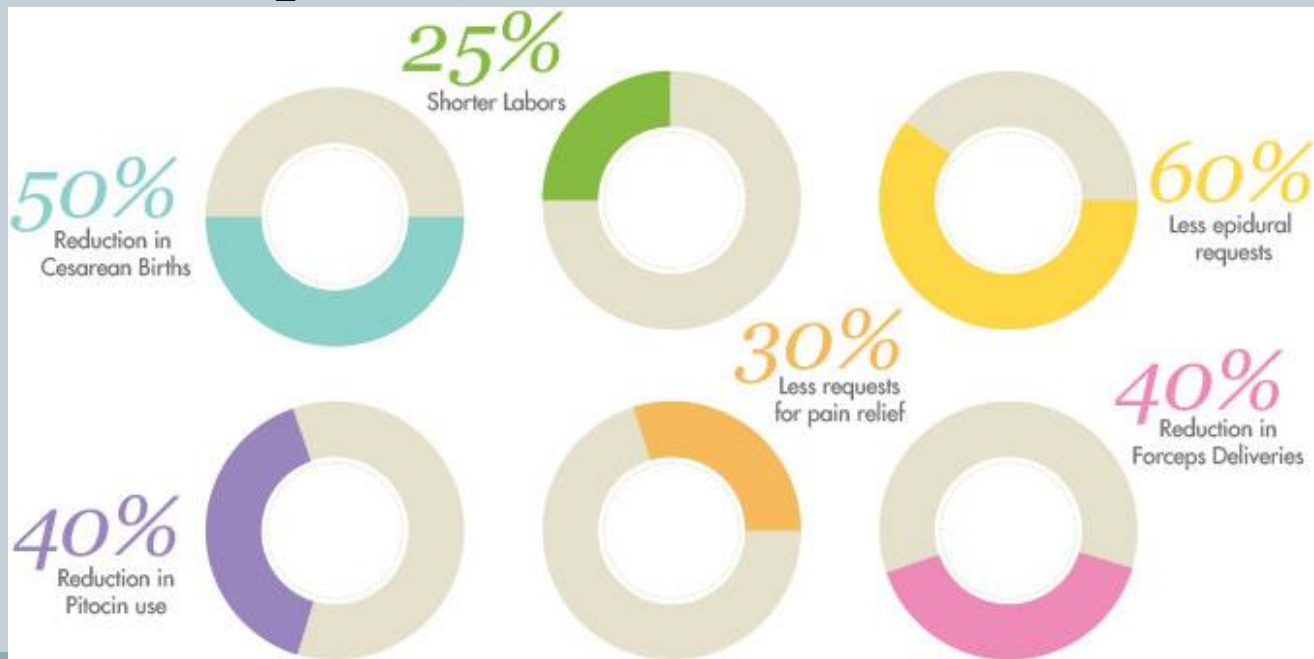
- Misconceptions
- Lack of awareness
- Partner
- Economic Barriers

<http://www.birthadvantage.com/doula-myths-almost-everyone-believes/>

So... Why choose a doula?



- Alleviate fear
- Improve past birth experiences
- Continuous support
- Avoid medical procedures



Questions?



<http://birthambassadors.com/tag/doula-services/>



http://www.invisiblemidwives.org/store/c1/Featured_Products.html

<http://peacefuldoulaservices.com/benefits-of-a-doula/>