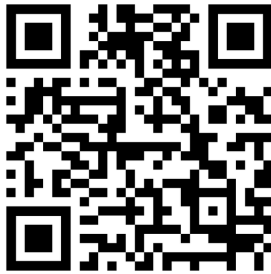


Contact us

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ROOTS4CHANGE
Raíces para el Cambio **CO-OP**

What is a doula?



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¿Qué es una Doula?

Doulas support pregnant people in their right to make decisions about their bodies and their babies. They can also help improve communication between parents and providers.

A doula is a professional birth assistant who provides physical and emotional support to you and your partner during pregnancy, birth, and the postpartum period. For example, a doula can offer: care for your physical well-being through techniques like touch, massage, and help with breathing.



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How can Roots4Change support me?

The doulas at Roots4Change can offer:

- Breastfeeding support
- Physical and emotional support
- Prenatal yoga classes
- Birth and postpartum doulas
- Groups for moms and their babies
- ...and much more!
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Contact us for more information

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