



Doula UK
Positive birth.
Supporting families.

Doulas provide flexible, continuous support to families through pregnancy, labour and birth, and in the immediate postnatal period

Founded in 2001, Doula UK CIC is the membership association of birth and postnatal doulas in the UK, ROI & Channel Islands



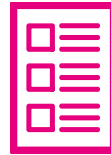
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A member of **Doula UK:**

- Has completed a preparation course
- Has been through (or is still going through) the Doula UK Recognition Process – a period of mentoring from a more experienced doula
- Is continually learning and developing, through the membership community and support of Doula UK
- Is recommended to have appropriate insurance and to provide clients with a clear, written agreement
- Is committed to abiding by Doula UK's Philosophy, Code of Conduct, Infant Feeding Guidance, and other best practice guidelines

Research:

There is evidence to show that having a doula can mean:

- Reduced risk of Caesarean birth †*
- Reduced risk of instrumental birth †*
- Reduced need for painkillers or epidural during birth †*
- Reduced rate of induction of labour †*
- Shorter labour †
- Increased parental satisfaction with the birth experience †
- Increased likelihood of initiating breastfeeding *
- Increased likelihood of successfully establishing breastfeeding & breastfeeding at 6 weeks *

* Brigstocke S. MIDIRS Midwifery Digest, vol 24, no 2, 2014, pp 157-160

† Hodnett ED, Gates S, Hofmeyr G, Sakala C. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub5