

Doula Support Comparison for Vaginal and Cesarean Births

Vaginal Birth	Cesarean Birth
<p>Physical Support: <i>these techniques do not offer complete pain relief, but can often make the pain manageable and help in both medicated and natural births:</i></p> <ul style="list-style-type: none"> • Counter-pressure • Massage • Positioning • Use of heat and cold, combined with other comfort measures • Breathing (slow, steady and varied) • Mobility/motion • Hypnosis • Acupressure • Awareness of tension in different parts of body; help mom release tension and lessen pain • Use of water (tub and shower, when available) • Vocalizations • Birth Ball • Rebozo <p>Emotional Support</p> <ul style="list-style-type: none"> • Continuous support and mom-centric, continuity of care • Verbal encouragement and feedback • Acknowledgement of her pain and the hard work of labor • Emotional and Mental mapping • Fear/Tension work throughout labor and birth • Birth affirmations • EFT • Visualizations • Guided Imagery • Distraction through mental activities • Focal points <p>Informational Support</p> <ul style="list-style-type: none"> • Prenatal sessions discuss risks/benefits of interventions and procedures used during birth • Help outlining birth preferences • Discuss breastfeeding, circumcision, vaccinations, skin-to-skin contact and bonding after the birth • Recommended reading lists 	<p>Physical Support: <i>These techniques are used to help physically relax mom during the surgery, birth and repair.</i></p> <ul style="list-style-type: none"> • Touch: massage and physical contact, especially to scalp, face, neck, shoulders and hands • Aromatherapy tissues as mom requests • Breathing (slow, steady and varied) • Facial or wrist acupressure for nausea • Facilitating skin-to-skin contact and bonding between mom and baby, possibly even during the repair • Assistance with breastfeeding/positioning after surgery <p>Emotional Support</p> <ul style="list-style-type: none"> • Continuous presence, mom-centric support • Verbal encouragement and feedback • Keep mom informed of what's happening to her baby and body during the surgery • Emotional and Mental mapping • Fear/Tension work throughout surgery • EFT • Visualizations • Guided Imagery • Distraction through mental activities • Focal points • Nonjudgmental listening before, during and after the birth <p>Informational Support</p> <ul style="list-style-type: none"> • Educate mom and partner about risks/benefits of cesarean birth • Discuss breastfeeding, circumcision, vaccinations, skin-to-skin contact and bonding after the birth • Suggestions for making surgical birth as gentle and comfortable as possible for mom and baby • Recommended reading for VBAC/Cesarean information • VBAC/Cesarean support groups