

# What does Doula Support look like?

Information courtesy of Cambs Doulas

## Birth Doula

A birth doula offers non-judgemental, continuous support before, during, and after birth.

They will:

- Spend time getting to know you during pregnancy
- Learn your preferences, hopes, and any fears
- Support your birth partner so they can support you
- Offer emotional reassurance and practical help throughout labour
- Never replace clinical care, but work alongside your maternity team
- Stay with you after birth until you feel settled
- Support early feeding, or fetch snacks and drinks if needed

They are there to help make the birth of your baby as positive and empowering as possible—however and wherever it happens.

**Find a Birth Doula here:** <https://cambsdoulas.co.uk/the-doulas/>

## Postnatal Doula

A postnatal doula is there to support you once baby is here—whether you need practical help, emotional support, or just a break.

They can:

- Cook nourishing meals
- Help with light housework
- Offer space to talk about your birth
- Support feeding and baby care
- Help you rest and recover
- Offer non-judgemental companionship

Modern life can make new parenthood feel isolating. Whether you're healing from birth, finding your rhythm, or just need someone to hold the baby while you shower, a postnatal doula is there for you.

**Find a Postnatal Doula here:** <https://cambsdoulas.co.uk/the-doulas/>



DOULAS

Happy  Mama