

B	I	N	G	O
doulas can come to home births	Doula work is a labor of love!	Doulas can help you heal postpartum	You can Hire a doula as soon as you are pregnant	Some doulas have other skills besides labor and delivery
Doulas can cook for you	doulas are not midwives unless certified	Some doulas work over night to support you	Doulas can be certified in yoga or other exercise specialties	There are tele or virtual doulas in existence
doula can help stop nausea	doulas can come to your home even if you birth in the hospital	FREE	Doulas can be paid for by insurance	Postpartum doulas can help you with your children
Some doulas are nutritionists	You can have a doula even if you have a c-section	Some doulas have extra services connected with culture	Doulas may help partners support you better	Some doulas help with scheduling to make life easy
Doulas may have ways to support breast feeding	Doulas can check in with you after delivery	Some postpartum doulas help with laundry	some doulas do not do labor and delivery	Doulas can go with you to midwife or doctor's visits

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