

I CAN AFFORD A DOULA DURING A TOUGH ECONOMY!!



Doula support during labor, birth and the postpartum period enhances the immediate and long-term physical, mental and emotional health of mothers, babies and families. (See www.DONA.org)

During labor, doula support promotes a more satisfying birth experience with fewer medical procedures. Postpartum support increases breastfeeding success, promotes a smooth family transition and helps to prevent or ease postpartum depression.

- Self-employed doulas are often willing to make payment plans. Please ask.*
- Family members can contribute to the doula's fee as a baby shower present.*
- Doulas can furnish gift certificates to be given at a baby shower. Over*
- Medical flex spending accounts are often used to pay doula fees.*

- *Some insurance companies in the Northeast have reimbursed their clients for doula services. If necessary, your doula can help you compose a letter to the insurance company.*
- *Many insurance companies reimburse for prenatal education. Ask for an itemized invoice reflecting your doula's educational service hours. *Educational reimbursements help to discount the total doula service fee.*
- *Limit your spending on non-essential baby items and put the cash toward doula service. Experienced moms and dads know what you really need. Ask for their advice.*
- *Important! Expectant and new families deserve the peaceful comfort of experienced, practical assistance during pregnancy, birth and the postpartum period. If you desire doula support there is a way to make it happen!*

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