



Frequently Asked Questions (F.A.Q.)

What is a doula/ Birth Companion?

Doula is a Greek word which means “a woman who serves women”, and in childbirth refers to an experienced woman who helps other woman during pregnancy and birth and the time after birth.

Some characteristics of a great doula (from Mothing the Mother by Klaus and Kennell):

- A warm-loving, enthusiastic, compassionate and caring nature, coupled with maturity and responsibility.
- Tolerance for people of different ethnic groups, social statuses, levels of income and lifestyles.
- Good health and endurance both to stand for a long time and to work for long stretches in a crowded labor room in varied labor situations.
- The ability to deal with and remain supportive of women who may become unusually distressed during the final stages of labor.
- Experience of childbirth, either personally and also through attendance of labor support training, and especially from being at many births.
- Comfort with touch.
- The ability to communicate, especially to listen.
- The ability to submerge her own personal belief system about maternity practices.
- The ability to be flexible and to work in a variety of birth settings with changes in staff and care providers.

How will a BirthDiva™ doula benefit my birth?

A BirthDiva™ doula can help ease anxiety about the birthing process. She understands the birthing process; therefore, she can explain technical terms to help you make informed decision. She will help you make sure that you have everything needed to bring you baby home. She will support your desires to have a natural birth experience. She will support you in the event that a medical emergency arises. She will provide emotional support to you and your family.

Having a doula may cause a (from Mothing the Mother by Klaus and Kennell):

- 50% reduction in cesarean rate
- 25% shorter labor
- 60% reduction in epidural requests
- 40% reduction in oxytocin use (Pitocin used to stimulate labor)
- 30% reduction in analgesia us (pain relief medications)
- 40% reduction of forceps delivery

GUIDING YOU THROUGH A SACRED EXPERIENCE



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How much does it cost?

Please call us at 202-271-3240 or email us at info@birthdiva.com for our current price list.

What does your fee include

We try to make at least three prenatal visits (depending on how early you hire us), support you during labor (at home, birth center or hospital) and birth, three postpartum visits, prepare small meals (if needed), provide comfort measures, basic breastfeeding support, light house work and more.

How many clients do you accept per month?

We only accept **two** clients per month. Our goal is to cater to you. We block off two weeks before and after your estimated due date on our calendar to make sure that you have our undivided attention. We ask that you take this time into consideration when paying on the sliding fee scale. Additionally, we do not travel outside of the DC Metropolitan area during the time that is indicated on our calendar.

Do you perform any medical services?

Absolutely not. A doula does not substitute your medical team. We do not “catch” babies, perform examinations, prescribe medication, etc.

What type of birth facilities to you serve?

We provide services at hospitals, birthing centers and homes. Here are a few of the hospitals and birthing centers in our area:

Hospitals

Washington Hospital Center – Washington, DC
Sibley Hospital – Washington, DC
George Washington Hospital – Washington, DC
Georgetown Hospital – Washington, DC
Howard University Hospital – Washington, DC
Providence Hospital – Washington, DC
Anne Arundel Medical Center – Annapolis, MD
Holy Cross Hospital – Silver Spring, MD
PG Hospital Center – Cheverly, MD

Birthing Centers

Special Beginnings – Arnold, MD
DC Birthing Center – Washington, DC
Birth Care – Alexandria, VA

Don't see your facility? Give us a call at 202-271-3240. We may be willing to travel to your area.

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