

## Did you know?

Women who have ongoing support during childbirth are more likely to breastfeed, have shorter labors, fewer problems and are more satisfied with their labor experience.

Who will be with you when you go into labor?

A Doula can be!



"She was helpful during contractions, reminding me to breathe. It's really helpful to have that extra support to help you in labor." - *Healthy Start Mom*

## We're all in this together

**Moms &  
Dads &  
Babies &  
Families &  
Communities**

For more information, visit  
[onhealthyfamilies.com](http://onhealthyfamilies.com)



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Onondaga County Health Department



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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H49MC00067, Eliminating Disparities in Perinatal Health for \$1.2M annually, 100% government financed. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

## Having a baby soon? Learn more about **Doulas**



*Syracuse Healthy Start Doulas*  
*supporting women during childbirth*

**315.435.2000**  
[onhealthyfamilies.com](http://onhealthyfamilies.com)

## What is a Doula?

Doulas are women who provide assistance and support to moms before, during, and after childbirth.



## What does a Doula do?

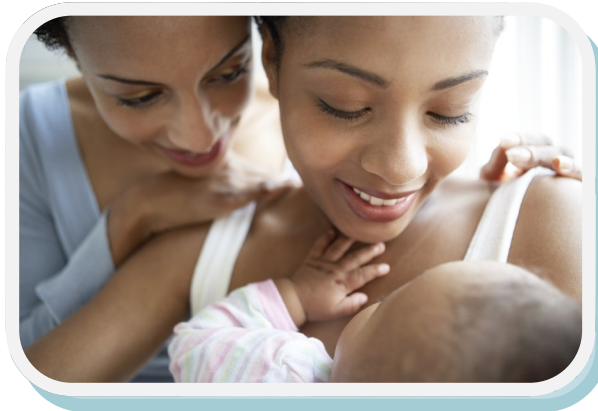
- Doulas help you understand and prepare for the birth of your baby.
- Your Doula supports you during your entire labor.
- Doulas can help you after your baby is born.

## Get the support you deserve!

You'll meet your doula while you are still pregnant. Then, when you go in to labor, just call her! She'll be by your side the whole time, day or night. She'll even visit you and the baby when you get home.

## Syracuse Healthy Start Doulas: *Here for the Community*

"I know a lot of young pregnant women who have been in a position of giving birth with no one by their side. It's a great feeling to be there for these women in need." - B.W., Healthy Start Doula



*Every woman deserves  
compassionate support  
during childbirth.*

## Meet the Syracuse Healthy Start Doulas!



Doulas Crisol, Martese, Barbara, Vickie, Juliette and Diane pose with Healthy Start staff and partners during training.

## How can I get a Doula?

*Talk to your Healthy Families  
home visitor today!*

## For more information

Call Healthy Families at

**(315) 435-2000**