

How do I find a doula?

Ask your healthcare provider for a referral.

Reach out directly to doulas in your area - ask if they take Medicaid.

Scan for MO Doula Directories



Missouri Community Doula Council
Statewide Directory

(MissouriCommunityDoulaCouncil.com)

Missouri Doula Association Directory

(MODoulaAssociation.com)

Doula Stories

“During labor, [my doula] completely transformed the labor and delivery room. She made me feel calm, safe, and supported the whole time.”

– Roshi N.

“We appreciated how she thoughtfully guided us through important decisions. We felt her support through every step of the journey.”

– Robin S.



Missouri Medicaid Covers Doula Care

Learn:

1. What is a doula?
2. What are the benefits?
3. How do I find a doula?



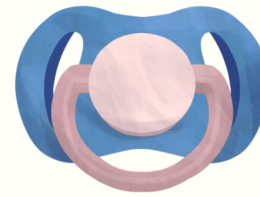
What is a Doula?

Doulas provide non-medical support for the mother, baby, and family throughout their birthing journey.

Doulas work with families from the start of pregnancy, through labor, and 6-12 months after birth.

Doulas help mothers advocate for themselves through their birthing journey.

Doulas help families achieve healthy birth outcomes and positive birthing experiences.



Benefits of Doula Care

1

53% lower odds of C-section delivery

2

58% lower odds of postpartum depression

3

50% lower rates of preterm birth

4

59% lower rates of low birthweight

When compared to moms who did not receive doula care.



Doulas Provide:

- 24+ hour on-call services surrounding birth
- Prenatal home visits
- Birth wishes preparation
- Emotional and Mental Health support
- Lactation Support
- Bonding Support
- Community Resource Navigation
- Early parenthood education
- Postpartum home visitation
- Health Assessment Screenings