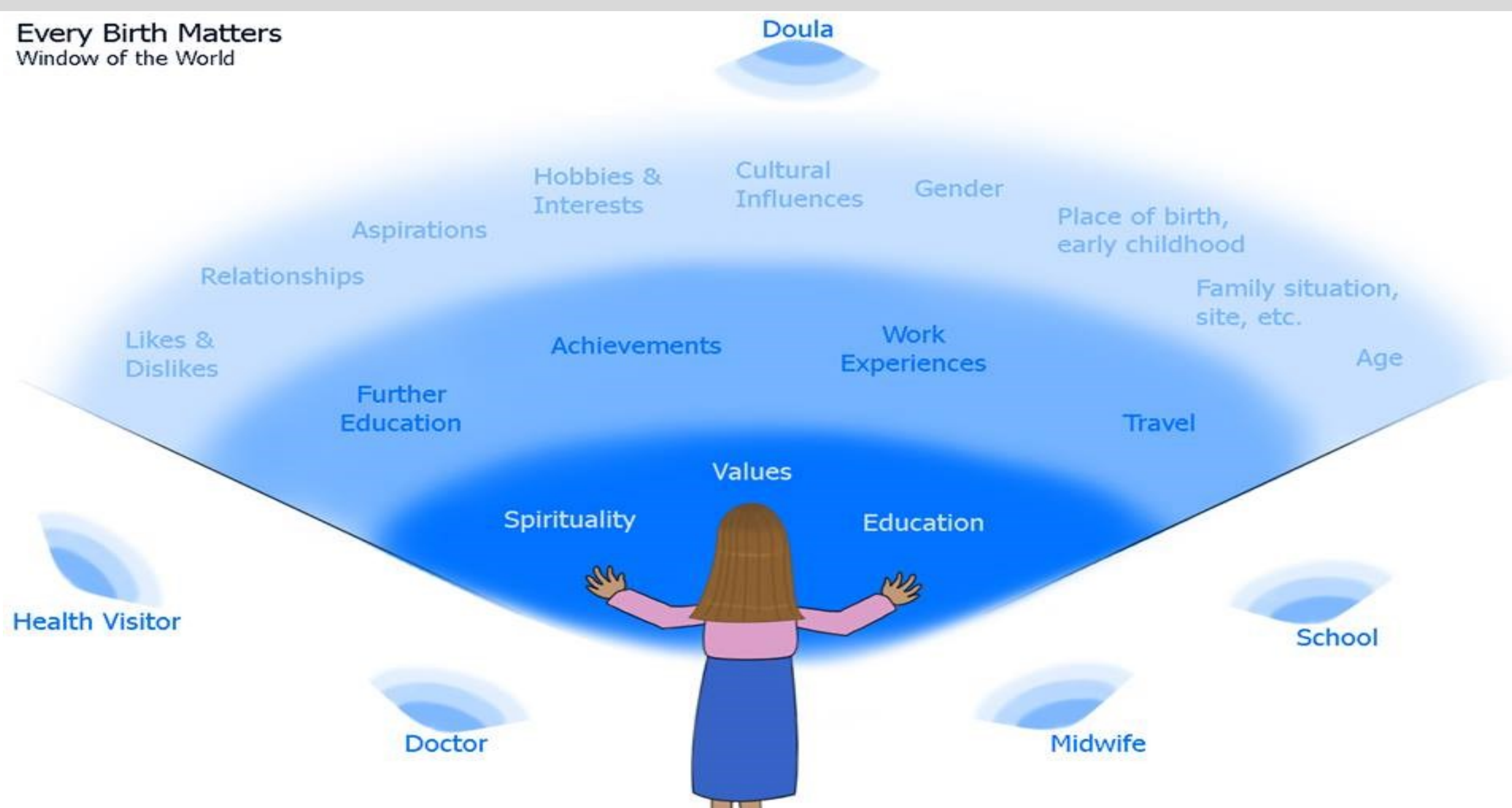


Doulas vs & Midwives

Every Birth Matters | HypnoBirthing, Doula & Education

Doulas generally do not have the intention to work against midwives. My own approach and that of many doulas I know, want to work collectively with midwives for the ultimate benefit of women having a positive birth experience. There have been a number of studies which show the benefit doulas have had for birthing women, whilst doulas are not there to change outcomes there is growing evidence that having a birth or postnatal doula brings a number of tangible benefits. From reducing intervention rates, shortening labour and improving the condition of babies at birth. While this research is important, it's the less tangible benefits of having a non-judgemental companion during this amazing life event. Many women are choosing to have a doula to support them in their choices, to hold their hand, show compassion and supporting them to feel empowered to birth feeling fully informed.

Doulas are not medical care givers; we are merely emotional and practical support for the birthing mother and her partner. Doulas spend time with women in pregnancy, getting to know women and their families, taking time acknowledging and understanding their experiences and views of their life their lives and life choices, and all this plays a significant part in their decisions and choices the birthing mother will make for birthing her baby. Doulas do not want there to be them and us, so I have been exploring a way of how we can see that there is a way Doulas and Midwives can work together for the ultimate benefit of the birthing mother and the experience she will live with after. With Midwifery practice changing and midwives having to document births thoroughly, Doulas can benefit midwives too in the birthing environment, here is how.



I have developed this individual "Window of the World" in relation to a pregnant woman following on from the work of Jacqui and Aaron Schiff, however this can be further elaborated to incorporate the whole families "Window of the World". Some birthing women enter the process of pregnancy through neutral pathways, yet some are conditioned to believe they do not have choice, options or feel scared to ask due to our conditioned society. This Window of the World is what Doulas are brought into, the inside window to see the world of the birthing woman, to share understanding and nurture her thoughts and desires for birthing. Doulas understand the individual woman as they have spent time sharing her thoughts, her views, her values and beliefs, which all pave the way for decisions she will make for birth. This is of ultimate benefit to the birthing woman and Midwifery Care Providers when meeting for the first time as the woman is labouring, as they sit primarily on the outside as demonstrated above. We question the future for midwifery care, what does it look like? I believe we should explore further within trusts Doulas & Midwives working collectively for the ultimate benefit of birthing women, not Doulas Vs Midwives.

If you would like to know more please do contact me www.everybirthmatters.co.uk - katy@everybirthmatters.co.uk Please feel free to take a picture of this poster, or alternatively please go to the website and download a copy for yourself, please do take a look at this and reflect, what can you do in your practice to enhance it, to become part of that window from the view of the Doula? Or maybe you can just change your approach to how you work with this birthing mother.

Any feedback would be welcome so please do get in touch, you can also hashtag #midwifedoulateam #everybirthmatters #doulasbenefiteveryone