

Doula Referrals

Beautiful Births Doula Services

Samantha Mysliwiec

307-679-8154

Day Dream Doula

Bree Moore

<http://www.daydreamdoula.com/>

New Rhythm Doulas

Karen Phippen and Dezarac

Weyburn

<https://newrhythmdoulas.com/>

Guiding Hands Doula Services

Alexis Sears

[https://www.facebook.com/Guiding](https://www.facebook.com/Guiding-Hands-Doula-Services-106134950943727/?ref=page_internal)

[-Hands-Doula-Services-](https://www.facebook.com/Guiding-Hands-Doula-Services-106134950943727/?ref=page_internal)

[106134950943727/?](https://www.facebook.com/Guiding-Hands-Doula-Services-106134950943727/?ref=page_internal)

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Mountain Heart Midwifery
LLC

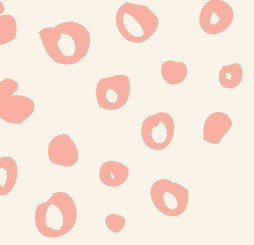
101 Greasewood Ln

Evanston, Wy 82930

307-679-9965

mountainheartmidwifery@gmail.com

Doula's for
Labor
Support

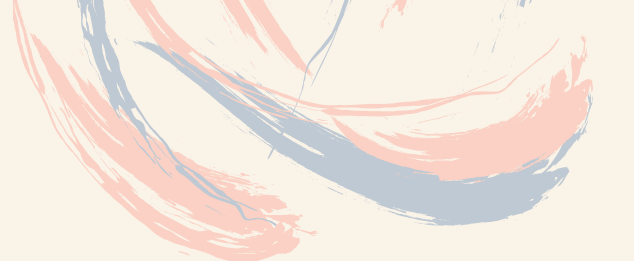
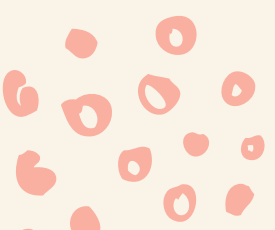


What is A Doula

A Doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible. She focuses on mom's needs throughout labor and delivery.

The difference between a Doula and a Midwife is Doula's cannot deliver the baby, or perform other physical exams (i.e. pap smear).

But they both have the mother and her birth experience in mind when providing care in the delivery space.

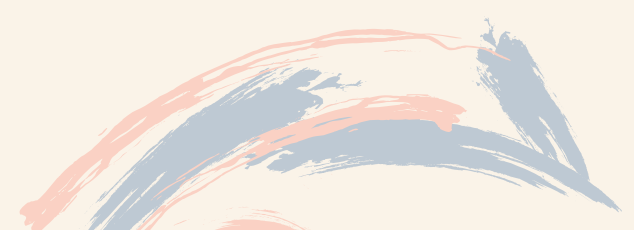


Benefits of Having A Doula

Physical Support: Provide ideas for comfort and labor progression such as counter pressure and breathing techniques.

Emotional Support: Help families feel supported, creating a safe space, and easing the emotional experience that is birth.

Partner Support: Doula's help support the partner and how involved they want to be. Giving ideas to help the laboring mother physically and emotionally.



Midwives VS Doula's

Midwives and Doula's both provide labor support and care during the labor and birth of a baby. A Midwife has two focuses during this time, mom and baby. Where as the Doula is solely focused on mom and her comfort.

While a midwife can provide the support, physically and emotionally, sometimes their focus needs to shift to baby and preparing for imminent birth. In this respect a Doula can remain with mom the entire time, providing support physically through the pushing and birth of the baby. At Mountain Heart Midwifery we enjoy working alongside Doulas and the extra support that not only does the mom get but us as well.

