

# Benefits of having a Doula

## ***BENEFITS OF HAVING A DOULA (BIRTH ATTENDANT)***



**‘Continuous support from a Doula / Birth Attendant during labour provides physical and emotional benefits for mothers and health bonuses for their babies, with less medical interventions, fewer complications and shorter hospital stays.’ (Harvard Health).**

Reduces the overall **Caesarean Section** rate by **50%**

Reduces the length of **Labour** by **25%**

Reduces the use of **Synthetic Oxytocin** by **40%**

Reduces the use of **Pain Medication** by **30%**

Reduces the use of **Forceps & Vacuum Extraction** by **30%**

Reduces **Epidural** requests by **60%**

These statistics are from the book **‘Mothering the Mother’**, (Klaus & Kennell) and are based on the continuous support of a **Doula / Birth Attendant** throughout the entire labour and birth.