



A NON PROFIT ORGANIZATION

PROVIDING LOW COST DOULAS  
TO BIRTHING WOMEN IN THE  
PORTLAND AND VANCOUVER  
METRO AREA



## Our Doulas

- Meet with you prenatally
- Practice comfort techniques like relaxation, imagery and breathing with you
- Attend your birth
- Receive professional trainings and a mentor
- Provide around the clock care after hire
- During labor, maintain your hydration
- Apply cold or hot compresses according to you
- Remind you of positional changes
- Massage your feet, head, or back if desired
- Provide a birth log of events postpartum
- Meet with you postpartum to process your birth
- Include and assist your partner

## Our Doulas do not

- Replace your careproviders, but collaborates with them to assist through the laboring process
- Provide medical advice to you or your family
- Make decisions that relieve you or your family of the responsibility of communicating with your careproviders

FOR QUESTIONS OR APPLICATION  
CALL OUR TOLL FREE NUMBER OR  
VISIT US ON THE WEB  
WE WILL CONTACT YOU WITHIN 24 HRS.

PHONE: 1-888-266-6160 TOLLFREE

WWW.PDXDOULAS.ORG

TEL: 1-888-266-6160 TOLLFREE

WWW.PDXDOULAS.ORG

TAX ID 30-0113995

RETURN ADDRESS:

PDX DOULAS  
APPLICATIONS  
P.O. BOX 820325  
VANCOUVER, WA 98682

POSTAGE HERE



**PDX DOULAS** PROVIDE CONTINUOUS, NON-MEDICAL, PHYSICAL AND EMOTIONAL SUPPORT AND COMFORT TO PREGNANT WOMEN

AND THEIR FAMILIES. WE ATTEND TO YOU PRENATALLY, DURING BIRTH AND POSTPARTUM TO HELP YOU HAVE THE BEST BIRTH POSSIBLE. SUPPORTING YOU AND YOUR BIRTH WISHES ARE OUR GOAL.

STUDIES SHOW THAT **DOULA** SUPPORT

INCREASES:

- BREASTFEEDING SUCCESS
- SATISFACTION WITH BIRTH, WITH BABY, WITH FAMILY/PARTNER AND INCREASES SELF ESTEEM

LOWERS:

- INSTRUMENTAL DELIVERIES (FORCEPS AND VACUUM USE AND EPISIOTOMIES)
- USE OF MEDICATION LIKE PITOCIN (TO CAUSE CONTRACTIONS) & PAIN MEDICATIONS
- CESAREAN BIRTHS

**Who we are**

PDX Doulas is a non-profit group of low cost doulas serving the Portland and Vancouver Metro area. Our members are working towards certification. A small number of our doulas are certified with greater experience and as such, charge a higher fee.

**Our services**

We have certifying doulas that are available for a low cost on a first come, first served basis. Your information (EDD, location of birth, number of births, and needs) will be given to our members. Available doulas will contact you. You are encouraged to interview the doulas and choose members that match your personality. You will find more information at our website at [www.pdxdoulas.org](http://www.pdxdoulas.org) and can request interviews with specific doulas. In the event that our doulas are already scheduled we will refer you to another local resource.

Each doula has an experienced, mentor doula available to them around the clock as well as back up doulas. They also receive regular professional trainings.

Once hired, your doula team (primary and backups) will provide assistance throughout your entire birthing process including prenatal and postpartum visits.



**Our cost**

We charge a \$25 application fee to support our publications, website and toll free number and \$25 to your doula to pay their out of pocket expenses (e.g. transportation and childcare costs). Donations accepted. Some scholarships may be available for special situations. Remember your payment is tax deductible.

I AM INTERESTED.

We would like to know you better.

I am interested in:

- A doula
- Volunteering
- Donating

I want to volunteer.

- I am certified
- I am in training
- I am not trained

I am birthing at

- A hospital-Ptld
- A hospital-Van
- Home/Brth Ctr

This is my:

- First Baby
- 2nd baby or +
- VBAC/Multiples

Comments:

My EDD is:

My careprovider is:

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Name

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Address

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Phone

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