

Bradford Doulas are #StillHereToHelp 2021



Trained volunteer doulas are here to offer practical and emotional support to pregnant women and families.

Doulas can carry out (risk assessed) social distanced visits and accompany women during their labour.

Available across the Better Start Bradford wards Bowling and Barkerend, Bradford Moor, Little Horton and Bradford City CCG postcodes BD1, 2, 3, 5, 7, 8, 9.

Please keep referring to us and remember to highlight the positive benefits of telephone and video support to pregnant women who are likely to be feeling anxious during these unprecedented times. Call us on **01274 223232**

Pre-birth planning:

- **Building relationships** and support networks for women and her family
- **Birth preferences and visual birth plans** – preparation and managing expectations
- Video and demos of Active **birthing positions** & breastfeeding demos
- **Breathing techniques, coping mechanisms:** pre labour and during
- **Lend a birthing ball** to use at home
- **Signposting** to other services or telephone support
- **Signs for labour** and emphasise **key messages from Bradford Maternity Services**
- **Work closely with partners** involved with the family, access equipment for mother or baby

Labour support:

- **Volunteer Doulas can accompany women as a birth partner (even during the pandemic)**
- **Volunteer Doulas follow a Covid-19 risk assessment**
- Doulas can support women to explore **options and choices** in what support is needed
- Encourage, listen, respect, advocate, and support women through their birthing experiences

Post-birth support:

- **Post-birth breastfeeding support**
- **Signposting to NCT Buddies / Better Start Bradford and Infant feeding pathways**
- Regular **check-ups** in the first week and follow-on routinely for 6 weeks
- **Emphasise Key Messages from Bradford Maternity**, Safe sleeping, ICON, Smoke Free
- **Pick up signs of concern** such as early baby blues / parent infant relationship or other areas of need
- **Referrals to 0-5 Early Help** or other services such as perinatal mental health services

Get in touch: A referral form can be completed over the phone or via email

- Please gain signed or verbal consent when referring. *Please inform the woman and family we cannot always guarantee a doula until a volunteer doula becomes available.* **Thank you @BradfordVDoulas**

Call: **01274 223232**

