

## Doulas in Grand Rapids 2022

What is a doula?

DONA International defines a doula as “a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.” Studies have shown that when doulas attend birth, labors are shorter with fewer complications, and that babies are healthier and breastfeed more easily. Families who work with doulas tend to have a more positive perspective of their birth experience. There is also research that shows a higher chance of successful vaginal birth after cesarean (VBAC) in women who utilize the support of a doula. In short, we think doulas are awesome! The providers at Advanced Ob-Gyn look forward to a respectful, professional, and collaborative working relationship with doulas that you hire to support you during your birth. *Although doulas are important members of your birth team, please keep in mind that they are not trained medical professionals like a Certified Nurse-Midwife and should not give medical advice.* To learn more about doulas, please visit: <http://www.dona.org/mothers/index.php>.

We understand that part of a doula’s supportive role involves being your advocate by encouraging you to ask questions about your care so that you can make informed decisions. We also understand that it is NOT within a doula’s scope of practice to actually speak for you or to make decisions about your healthcare. Please discuss this with your doula during the interview process. *It is very important for you to communicate directly with your CNM during labor, especially when you are still at home: please do not ask your doula to text or page your CNM with updates on your labor and do not go into OB triage without first communicating with your CNM.* For more information on this topic, please see Standards of Practice for Birth Doulas at: [http://www.dona.org/aboutus/standards\\_birth.php](http://www.dona.org/aboutus/standards_birth.php)

Grand Rapids Area Doulas:

Eastown Doulas  
Ginger & Brenda Birth Doulas  
[eastownbirth.com](http://eastownbirth.com)

Carrie Stephens Birth/Postpartum Doula  
Ginger Blossom Doula Services  
[gingerblossomdoula.com/](http://gingerblossomdoula.com/)

Alison Brito Doula Services  
[alisonbritodoula.com](http://alisonbritodoula.com)

Emily & Lindsey Birth Doulas  
[Mydoulagr.com](http://Mydoulagr.com)  
Email: [doula@mydoulagr.com](mailto:doula@mydoulagr.com)

Chloe Rutkowski  
Chlothedoula.com  
Email: [chlothedoula@gmail.com](mailto:chlothedoula@gmail.com)  
989-370-2242

Ali Egy Birth Doula  
thebelmontdoula.com  
503-381-5064

Christie Salazar Birth and Postpartum Doula  
christiesalazar.com  
616-450-4320

Gold Coast Doula LLC Birth/Postpartum Doulas  
goldcoastdoulas.com

Sprout and Blossom Birth Doulas  
Sproutandblossomgr.com

This is not a complete list. While we try to keep the list updated, sometimes we miss changes and/or doula services. If you know of a doula you would like to see added, or see outdated information, please let us know by emailing us at [sarah@aobgyn.com](mailto:sarah@aobgyn.com)