



DO YOU HAVE A DOULA?

A Doula provides physical, emotional, informational and practical support throughout pregnancy, labor, birth and the early post-partum period.

"If a doula were a drug, it would be unethical not to use it."

- John Kennell, MD

What does a Doula do?

Supports the birth YOU want.

Helps you deal with the
unexpected

Acts as a support for your partner

Ensures you can make informed
decisions

Reduces medical interventions
during labor

Maximises your satisfaction with
your birth experience

LAKE MACQUARIE DOULA

Michelle Bohatko

*Working
exclusively with
Lake Macquarie
and Newcastle
mothers.*



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