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## “G.R.O.W.”ING DOULA CARE IN OUR COMMUNITY

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### WHAT IS A COMMUNITY DOULA?

**Doulas** are specially trained to support pregnant women and families during the life-changing time of having a baby: before, during, and after the birth! **Community doulas** are recruited from *and* serve in the communities they live in so that families can have supportive care that looks like them, speaks the same language, and have shared experiences.

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### WHAT DO DOULAS DO DURING PREGNANCY AND LABOR?

#### Emotional and Educational Support

Doulas nurture and connect with families and help them to understand what to expect during childbirth, cope with the stress and uncertainty during this life-changing time, and help families understand, decide, and advocate for what is best for *their family*.

#### Physical Support

Doula's help provide laboring moms physical comfort such as position ideas, comforting touch, counter pressure, breathing skills. Doula's can even suggest methods for turning babies into the right position for birth.

#### Partner Support

Whether it's a romantic partner, a friend, or a family member, the birth partner needs support, too! Our doulas are there to support every birth partner in being as involved with the birth as they'd like.

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### WHAT DO DOULAS DO AFTER THE BABY IS BORN?

#### Emotional Support

New parents can be vulnerable and in need of compassionate, nurturing support during those first days after a baby is born. Doulas are there to give a family the extra love they need...whether it's a hug, a shoulder to lean on, or a good laugh.

#### Newborn Support

Doulas are trained to understand what new babies—and new parents—truly need. Doulas help with how to soothe the baby, help with breast—or bottle—feeding, and help ease new mommy and daddy fears of what is “normal.”

*All families benefit from having a doula on their team!*

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## ARE YOU READY FOR A CAREER MAKING A DIFFERENCE IN THE LIVES OF NEW PARENTS?

### Healthy Start G.R.O.W. Doula Training

The Healthy Start G.R.O.W. Doula program supports, educates, and empowers pregnant women to take control of their health. The plan is to launch the G.R.O.W. Doula program initially in Alachua County and eventually expand to all counties within our service area.

#### Alachua County Training

- **Scholarships available** for 15 people who:
  - Are at least 18 years-old
  - Have a high school diploma or GED
  - And live in Alachua County
- *All Alachua County residents can apply; however, priority will be given to those who live in and plan to serve the following zip codes: 32601, 32607, 32609, 32618, 32640, and 32641*

#### Let's Get Started!

1. Visit our website at [www.EveryBabyDeservesAHealthyStart.org](http://www.EveryBabyDeservesAHealthyStart.org) and under Programs click on Doulas to complete the scholarship application. All applications must be submitted by **Wednesday, June 21, 2023**.
2. Attend one of the following information sessions:
  - a. Session 1: Monday, July 10, 2023, from 6:00 PM – 7:30 PM
  - b. Session 2: Tuesday, July 11, 2023, from 6:00 PM – 7:30 PM
3. Selected applicants will be interviewed the week of **July 17, 2023**, through **July 21, 2023**.
4. Those chosen to receive a scholarship will be notified the week of **July 24, 2023**.
5. Those who accept a scholarship offer will need to complete the following criteria before **August 25, 2023**. *Instructions for how to complete each of these will be emailed to selected applicants.*
  - a. Level II Background Screening
  - b. CPR Certification
  - c. HIPAA training
6. The required 3-day G.R.O.W. Doula training will take place on:
  - a. **Friday, August 25<sup>th</sup>** from 5:30 PM to 7:30 PM
  - b. **Saturday, August 26<sup>th</sup>** from 9:00 AM to 4:00 PM
  - c. **Sunday, August 27<sup>th</sup>** from 9:00 AM to 4:00 PM

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## WHY THE HEALTHY START G.R.O.W. DOULA MODEL?

- Recruits, trains, and connects women with shared experiences and communities to support one another.
- Builds a diverse doula workforce by removing financial and knowledge barriers to doulas becoming certified and ensuring they get paid for the services they provide.
- Builds on resiliency developed by a doulas and a mother's life experiences.
- Addresses racial, ethnic, rural, and economic disparities.

Watch this amazing video from Cleveland Clinic Indian River about the G.R.O.W. Doula model!

<https://fb.watch/h7kzv-3fqC/>