

What are the Common bonds between Midwives & Chiropractors?

- Knowledge and trust in the body's inner wisdom
- Skills and objectives to work with the body's normal function and natural healing abilities.
- Support and commitment towards non-traumatic, non-invasive birthing procedures.

The Impact of a Doula on Labor and Early Parenting

- Increases positive feelings about labor. ²
- Decreases need for medication. ^{1,3,5}
- Decreases intervention. ^{3,5}
- Decreases cesareans. ^{3,5}
- Decreases anxiety. ^{3,5}
- Shortens labor. ^{3,5}

- Increases acceptance of the baby. ^{2,5}
- Enhancement of maternal/ infant bonding. ^{2,3,5}
- Decreases neonatal problems. ^{3,5}
- Increases self-esteem. ^{1,2}
- Increases feeling of control. ^{1,2}
- Increases mother's cooperation and participation. ⁶
- Decreases postpartum depression. ⁶

References:

1. Hodnett, Ellen D., and Richard W. Osborn. "A Randomized Trial of the Effect of Nontrivial Support During Labor. Mothers' Views of Two to Four Weeks Postpartum." *Birth* 16:4 Dec. 1989
2. Hofmyer, G.J. et al. "Companionship to Modify the Clinical Birth Environment: Effects on Progress and Perceptions of Labor and Breastfeeding." *British Journal of Obstetrics and Gynecology*. 98: 756-764
3. Kennel, J. Klaus, M., et al "Continuous Emotional Support During Labor in a US Hospital." *Journal of the AMA*. 265: 2197-2201, May 1, 1990
4. Simkin, P. "Just Another Day in a Woman's Life? Women's Long-Term Perceptions of Their First Birth Experience." Part 1." *Birth*. 18:4 December, 1991 and "Part 2" *Birth*" 19:; June 1992.
5. Sosa, Klaus, Kennell, et al. "The Effects of a Supportive Companion on Perinatal Problems, Length of Labor and Mother-Infant Interaction." *New England Journal of Medicine*. 303: 597-600, 1980
6. Woolman, Wendy-Lynne, et al. "Postpartum depression and Companionship in the Clinical Birth Environment: A Randomized, Controlled Study." *American Journal of Obstetrics and Gynecology*. May 1993