

# Florida Healthy Start

## DOULA PROGRAM

Florida Healthy Start uses the G.R.O.W. Doula™ model for its statewide doula program. G.R.O.W. Doula supports, educates, and empowers pregnant women to take control of their health and achieve a healthy pregnancy and birth.

### WHAT'S A DOULA?

A **doula** is a non-medical professional trained to **support mothers** and families with physical, emotional, and evidence-based information **before, during, and after birth**. A doula **helps ensure** that a mother, baby, and family achieve the **healthiest birth** experience possible.

### DOULA VISITS

- During visits that start prenatally, your doula will share evidence-based knowledge, assist with developing a birth plan, and learn about your family and life experiences to provide the best support possible.
- During labor, the doula will use techniques such as massage, acupressure, and patterned breathing. They'll suggest position changes to accelerate labor or aid fetal positioning. They'll also provide guidance and encourage touch and communication between you and your partner.

### DOULA CARE

- Care begins between 26–28 weeks gestation.
- There are up to five visits prenatally prior to 42 weeks gestation.
- Doulas are on call up until the moment labor begins.
- Continued support after birth and until breastfeeding is initiated.
- After delivery, doulas provide up to three postpartum visits.

### BENEFITS

- Learn healthy ways of dealing with everyday stress.
- Get support in setting and achieving personal and family goals.
- Connect with community resources.
- Learn about you and your baby's growth and development.

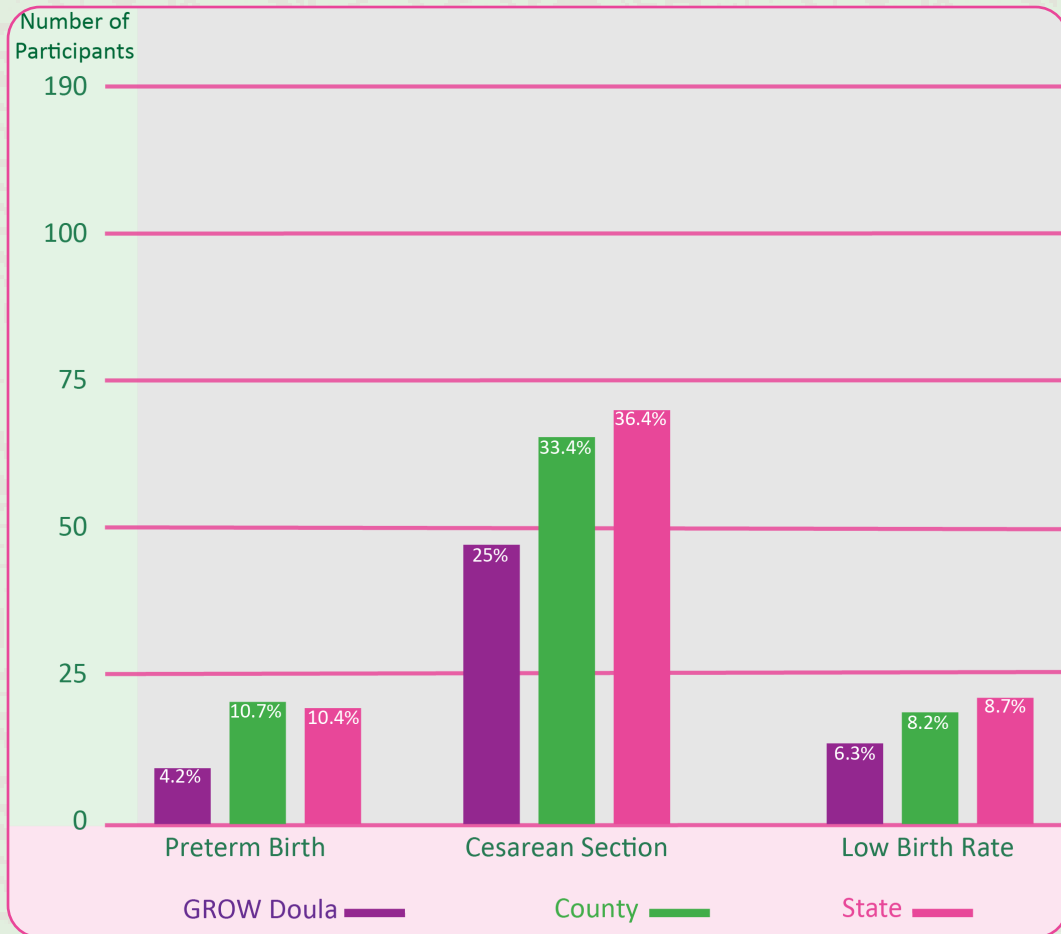




# G.R.O.W. DOULA™

**G**uidance  
**R**esource  
**O**pen hearted  
**W**isdom

## BIRTH OUTCOMES USING THE G.R.O.W. DOULA MODEL



G.R.O.W. Doula Program data based on 190 births from July 2018-June 30 2021 (33% black, 38% white (non-Hispanic), 22% Hispanic (white), 7% other or unknown). Florida Department of Health, Bureau of Vital Statistics County and state 3 year rolling rates from 2018-2020.

**Contact  
your local  
Healthy Start  
coalition today!**



Florida Association of Healthy Start  
Coalitions (FAHSC)  
2002 Old St. Augustine Road, Ste. E-45,  
Tallahassee, FL 32301  
850-999-6200 • [healthystartflorida.com](http://healthystartflorida.com)