

## 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. <sup>2</sup>
- Decreases need for medication. <sup>1,3,5</sup>
- Decreases intervention. <sup>3,5</sup>
- Decreases cesareans. <sup>3,5</sup>
- Decreases anxiety. <sup>3,5</sup>
- Shortens labor. <sup>3,5</sup>
  
- Increases acceptance of the baby. <sup>2,5</sup>
- Enhancement of maternal/ infant bonding. <sup>2,3,5</sup>
- Decreases neonatal problems. <sup>3,5</sup>
- Increases self-esteem. <sup>1,2</sup>
- Increases feeling of control. <sup>1,2</sup>
- Increases mother's cooperation and participation. <sup>6</sup>
- Decreases postpartum depression. <sup>6</sup>

### References:

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