

Doulas in Grand Rapids 2020

What is a doula?

DONA International defines a doula as “a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth; or who provides emotional and practical support during the postpartum period.” Studies have shown that when doulas attend birth, labors are shorter with fewer complications, and that babies are healthier and breastfeed more easily. There is also research that shows a higher chance of successful vaginal birth after cesarean (VBAC) in women who utilize the support of a doula. In short, we think doulas are awesome! The providers at Advanced OB-GYN look forward to a respectful, professional, and collaborative working relationship with doulas that you hire to support you during your birth. To learn more about doulas, please visit:

<http://www.dona.org/mothers/index.php>.

We understand that part of a doula’s supportive role involves being your advocate by encouraging you to ask questions about your care so that you can make informed decisions. We also understand that it is NOT within a doula’s scope of practice to actually speak for you or to make decisions about your healthcare. Please discuss this with your doula during the interview process. For more information on this topic, please see Standards of Practice for Birth Doulas at:

http://www.dona.org/aboutus/standards_birth.php

Grand Rapids Area Doulas:

Ginger Hollemans Birth Doula (Ginger is also a licensed medical social worker who offers counseling services)

www.gingerhollemans.com or email at gingerhollemans@gmail.com

Brenda Baar Birth Doula (also teaches GentleBirth classes)

www.brendabaar.com or email at brendabaar@gmail.com

Carrie Stephens Birth/Postpartum Doula

Ginger Blossom Doula Services

<https://www.gingerblossomdoula.com/>

Christie Salazar Birth and Postpartum Doula

www.christiesalazar.com

616-450-4320

Great Lakes Doulas

Cassie Schultz Birth and Postpartum Doula

www.greatlakesdoulas.com

Gold Coast Doula LLC Birth/Postpartum Doulas

www.goldcoastdoulas.com

Annica Marie Doula & Photography Services

<https://sproutandblossomgr.com/>

Lisa Gowins Birth Doula

616-633-9391

Jenny Duhm Birth Doula (also does birth photography and placenta encapsulation services)

www.jennyschildbirthservices.com

Mama's Grace Birth Services

www.mamasgracebirthservices.com

Stephanie Mayne Birth Doula (also teaches HypnoBirthing)

www.myBellabirth.com

Faith Groesbeck Birth Doula

www.birthquestservices.com

This is not a complete list. While we try to keep the list updated, sometimes we miss changes and/or doula services. If you know of a doula you would like to see added, or see outdated information, please let us know by emailing us at aobmidwives@gmail.com