



Doulas for Aboriginal Families Grant Program DAFGP

How can a doula help?



Emotional Support

Helping birth parents find their place of power in giving birth.

- Listening
- Affirming
- Encouraging



Physical Comforts

Helping parents feel strong, comfortable, and confident.

- Hot water bottle
- Massage
- Acupressure



Cultural Support

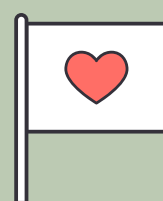
An Indigenous doula can incorporate their cultural and traditional knowledge and practices into the birth experience.



Knowledge

Helping birth parents feel supported in their decision-making.

- Health information
- Birth planning
- Resources



Advocacy

Amplifying the birth parent's voice if they are not being heard.

- Creating space and time for questions
- Encouraging feedback

The DAFGP provides grants up to \$1,000 for doula services to support Indigenous families through pregnancy, birth and newborn care.

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