MAVEN

Doula support with Maven

Working with care providers that you trust can make a major difference in how you feel throughout pregnancy and postpartum. In addition to your medical team, you may want to consider a doula.

A doula can support you before birth, during labor, and throughout the postpartum period. Think of themas a birth coach, pregnancy knowledge database, and your personal advocate all rolled into one. They help prepare you and ensure your birthing preferences are followed during labor, for the best possible outcomes for you and your baby.



Through Maven, you can access free unlimited coaching and education from a doula.

Here are a few ways a Maven Doula can support you on your pregnancy and postpartum journey:

Prenatal

Birth plan development, helping families understand their options

Assessments and intake for any nutritional needs, social services needs, etc.

Education on birth expectations and preferences for delivery, postpartum, preparation

Trusted referrals to in-person doulas

Birth

24/7/365 virtual access to communication with Doulas when members need most

1:1 coaching through breathing exercises, relaxation, movement, and positioning for labor

Postpartum

Education surrounding infant feeding, breastfeeding, emotional and physical recovery, bonding, and soothing

Referrals to other services to meet social, physical, and other needs

Support surrounding physical and emotional recovery after childbirth

> “Throughout my struggles to have a baby, I have never really felt heard by professionals in terms of my reproductive health. My Maven Doula really listened and she told me what I could do to make sure my voice was heard in the delivery room. She was really great in supporting and listening to me, and not shaming me or making me feel like any question was a silly question.
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> **MAVEN MEMBER**

And remember, through Maven you also have access to providers spanning across 35+ specialities, a designated Care Advocate, a library of content and provider-led classes, and so much more.

Maven is completely free for you and your partner. Join today by scanning the QR code, visiting **mavenclinic.com/join/mat-hub** or downloading the Maven Clinic app.