



Our Message to Birthing Peoples, Birth Workers, & Care Providers

We appreciate that every family has their own unique needs. We are here to support birthing people and their provider team to ensure a healthy and safe birth experience.

Our program goals are rooted in empowering the Black community with knowledge and resources to lower perinatal and infant mortality, increase breast/chestfeeding rates, and reduce postpartum complications.

We fundamentally believe in human rights in childbirth, evidence based information, trauma-informed care, culturally sensitive and gender-inclusive birthing practices.

Frontline Doulas Birthing & Postpartum Goals

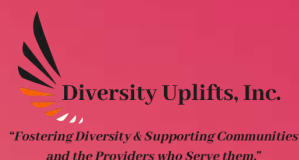


Linda Jones Birth Journey Photography

- Provide informed consent and shared decision making to ensure that full consent is given by providing full disclosure of any risks and benefits of procedure or intervention.
- Offer birthing people unrestricted access to a doula, family member or any other person(s) they wish to accompany them during their birth.
- Provide culturally competent care, free of bias or racism, that respects the birthing person's beliefs, choices and values inclusive of cultural preference during birth and breastfeeding/chestfeeding/nursing.

Frontline Doulas Birthing & Postpartum Goals (Cont.)

- Support undisturbed birth practices (e.g. low lights, low voices, no unnecessary separation of birthing person and baby, increased bonding time, kangaroo care etc.).
- Allow unrestricted mobility during labor and birth with the freedom to choose how they push.
- Provide lactation support after birth and in the postpartum period to increase breastfeeding/chestfeeding/nursing rates.
- Provide birthing people with a variety of childbirth options (e.g. vaginal birth, unmedicated birth, vbac, gentle cesarean birth options when medically necessary), access to midwives and access to birth at the location of choice (hospital, home, birth center).
- Use of evidence-based practices including the right to eat and drink during labor, the right to continuity of care, respectful care, respectful communication, non-pharmaceutical pain relief options, and/or pain relief as requested by client.
- Encourage the use of Baby-Friendly, Mother-Friendly, and Liberate Black Birth Practices.
- Hold care providers accountable to the Black family and the Black community.
- Provide community referrals and continuity of care as needed.



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Informed by: World Health Organization, Guidelines on Intrapartum Care/ CIMS, The Mother-Friendly Childbirth Initiative/ Black Women Birthing Justice, Battling Over Birth Report/ Black Mamas Matter Alliance/ Advancing Birth Justice, Community-Based Doula Models as a Standard of Care for Ending Racial Disparities