



DOULA CARE IN NEW YORK CITY: ADVANCING THE GOALS OF THE AFFORDABLE CARE ACT *Taking Action!*

We need your help to make sure that more women can enjoy the benefits of doula care. Only by working together can we ensure that all women can enjoy their right to a safe, healthy, and satisfying birth. Here are some steps you can take:

Spread the Word

Social media is a great tool to spread the word about the benefits of doula care and our recommendations to increase access to doula care!

Help us get the word out by sharing our resources on Facebook, Twitter, and your website or blog, including:

- the new report, *Doula Care in New York City: Advancing the Goals of the Affordable Care Act*
- the executive summary (including our Key Recommendations)
- our infographic, *Facts and Figures on Doula Care in NYC*
- our resource for moms, *Doula Care in New York City: Making a Difference for Women and Families*

If you work with expecting families, include our resources in the materials and information you distribute to clients and families you work with. Past clients may also be interested in learning more about how their experience compares with that of other mothers in New York City.

Building Bridges

Choices in Childbirth will be sharing the report with all of the hospitals in New York City that have labor and delivery units. We need your help for the report to have a lasting impact!

Bring hospitals, physicians, midwives, and nurses on board to make doula care available to more women, and to ensure that doulas, providers, and hospital staff are working together to give women the best possible care.

Talk with providers or your hospital about what doula care means to you. The first step towards developing collaborative and supportive relationships with hospitals is *building the bridge*.

Moms Speaking Out

Let's take action! Here are some ways that you can help:

- *Share your experience with doula care* on Choices in Childbirth's website, and on our Facebook page.
- *Write to your insurance company* to tell them how doula care helped you and to request insurance coverage for doula support.
- *Give feedback to the hospital* where you gave birth. Share your stories, triumphs and challenges. Let hospitals know what they are doing well and what they need to be doing better.

How Doulas Can Help

We need you to be our ambassadors! Use your experience and knowledge to build on the resources we have created.

- *Meet with maternity care providers and hospital leaders* to discuss the report and its recommendations. Explore how they can help increase access to and improve the effectiveness of doula care!
- *Share our resources with past clients.*
- *Collect feedback from clients* to hear how doula care improved their birth.