

Volunteer doulas

THE FEDERATION OF
MOTHER AND
CHILD HOMES
AND SHELTERS



Supporting parents-to-be

Doulas working with the Federation of Mother and Child Homes and Shelters are volunteer support workers for pregnancy, birth and beyond.

The role of your doula is to support you, and you can discuss any issues relating to pregnancy, family life and the birthing process with them. If you'd like, they can also attend the delivery with you. You can ask your doula to join you during labour even if your partner is planning to be present too.

Your doula will always listen to your thoughts and ideas and respect your and your family's wishes. While doulas are not involved in providing clinical care, they will remain by your side and offer you support throughout.

All doulas working with the Federation of Mother and Child Homes and Shelters are given full training and also have ongoing supervision meetings once a month.

If you're interested in our doula service, you can contact the doula coordinator in your area at any time during your pregnancy. We'll be able to provide you with a doula if your family has additional support needs. You will have the opportunity to discuss your situation in more detail with the doula coordinator. It's a good idea to get in touch as early as possible to make sure that a doula will be available for the birth of your child.

If you would like a volunteer doula or are interested in becoming a doula yourself: vauvaperhe.fi/



Help for you

- It's up to you and your doula to agree where and how often you meet. Usually, people will meet 1–3 times before the birth and a few times after the baby is born.
- Our doulas usually work in Finnish and English. However, please get in touch even if you speak another language as we will always try our best to help you.

Testimonials from families

As first timers, everything was new to us, but our doula really knew the score. She was a great support to both of us, always providing lots of comfort and reassurance. She had a great sense of humour too and was always there to hold my hand – tightly – when I needed it. She's an amazing person.

Jaska & Jonna

Love, trust, support, breathing, relaxation, touch, presence, creating a human connection.

Doula Linda

