

# Show Notes

## Episode 103

During today's episode, we spoke with Abigail Shipp, a birth doula and childbirth educator here in Omaha, NE. In this conversation, we covered many different ideas and myths that surround birth doulas. Read on to find resources and information we talk about during the episode.



**DONA - Doulas of North America.** Available information on how to become a doula as well as information on the benefits of doulas, etc. Visit <https://www.dona/org>

**Medical Benefits of Doula Care** - visit <https://evidencebasedbirth.com/the-evidence-for-doulas/>

**For more information on the services Abigail Shipp provides, you can visit:**

- [www.bellylovebirthdoula.com](http://www.bellylovebirthdoula.com)
- [www.omahachildbirtheeducation.com](http://www.omahachildbirtheeducation.com)
- On Facebook
  - [facebook.com/bellylovebirthdoula](https://facebook.com/bellylovebirthdoula)
  - [facebook.com/omahachildbirtheeducation](https://facebook.com/omahachildbirtheeducation)

**To learn more about Omaha Better Birth Project, visit [www.omahabetterbirth.org](http://www.omahabetterbirth.org)**