

April 17th, 2025

Senator Ingwersen, Representative Meyer, and Honorable Members of the Health and Human Services Committee,

My name is Micaela Maynard, I am a resident of Portland and I am here today in support of **LD 1523 *An Act to Improve Perinatal Care Through Expanded Access to Doula Services***. I am an educator and supporter of women's healthcare and doulas for all women who want them in our state.

I support **LD 1523** because they provide the following critical supports for all families with birthing mothers:

Emotional & Physical Support

Doulas provide continuous, calming support throughout labor — offering reassurance, comfort measures (like massage or breathing techniques), and a steady presence that can make a huge difference emotionally and physically.

Advocacy & Empowerment

They help communicate the birthing person's wishes to the medical team, making sure the individual feels heard, respected, and empowered to make informed choices during labor and delivery.

Better Birth Outcomes

Studies have shown that having a doula present can lead to shorter labors, fewer interventions (like C-sections or epidurals), and higher satisfaction with the birth experience overall.

Partner Support

Doulas don't replace partners — they support them too. They can guide partners on how to help, take breaks when needed, and boost their confidence during such an intense moment.

Postpartum Help

Many doulas also assist after birth, offering guidance with breastfeeding, emotional recovery, and newborn care, which can be invaluable during the vulnerable early days.

Thank you for the opportunity to share my perspective with the Committee. I hope you will vote "Ought to Pass" on LD 1523.

Thank you,
Micaela Maynard