

Doulas and Nighttime Newborn Care

The term **Doula** refers to a trained professional employed to provide support and guidance to parents and newborns throughout the birth and post-partum period.

Do you have MassHealth?

MassHealth covers these doula services if provided by a MassHealth doula provider:

- Support during labor and delivery or birth.
- Up to 8 total hours of visits during pregnancy and during the 12 months after the end of pregnancy. You can work with your doula to decide when to have your visits.
- If you need more than 8 total hours of visits during this time, speak to your doula. They can tell you about MassHealth's prior authorization process, which determines if you can get coverage for more visits.

MassHealth members should never pay out-of-pocket for MassHealth covered doula services.

To find a MassHealth doula provider, search the [MassHealth Provider Directory](#). To find a list of MassHealth doula providers near you, click “specialists” and then select “doula” from the specialty drop-down menu.

Private Pay

The following agencies can assist with matching and hiring a doula for your family’s needs. There are also many independent doulas not included in the following list, who you can find through an internet search of doulas in your area.

These listings are provided as a convenience for our patients and their families. This list is not comprehensive; there may be other local options. **Mass General Hospital does not endorse any non-Mass General affiliated providers.**

Greater Boston

- **Boston Birth Associates Post-Partum Doulas**
Phone: 978-764-4414
Website: bostonbirthassociates.com/postpartum-doula/
- **Baby Bean Boston Postpartum Doula Support**
Phone: 617-575-9420
Website: babybeanboston.com/postpartum-doula/

Greater Boston, MetroWest, North Shore, South Shore, and Southern New Hampshire

- **Boston Area Doulas Postpartum Doula Support**
Phone: 857-600-1907
Website: bostonareadoulas.com/doula-services

Massachusetts

- **A Golden Birth Postpartum Doula Support**
Phone: 508-983-4052
Website: agoldenbirth.com/postpartum-doula/

New England

- **The Bluebirds**
Phone: 978-440-9948
Website: bluebirdchildcare.com/index.html
- **Nightingale Night Nurses**
Website: nightingalenightnurses.com/overnight-newborn-care/
- **New England Doula Support and Newborn Care Experts**
Website: nedoulasupport.com/
- **DONA International Find a Doula**
Website: dona.org/what-is-a-doula/find-a-doula/