

Submitter: Alma Landon
On Behalf Of:
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Measure, Appointment or Topic: SB692

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Hello, everyone. My name is Alma Landon, and I am a birth doula. Though I'm new to this beautiful profession with only 2 years of experiences under my belt, each one is etched in my memory. I want to share a story that highlights the profound impact a doula can have.

I supported a single mother who had just arrived from Colombia, seeking asylum. She was completely alone in a foreign land. When I entered her room, she was laboring without any support. The medical team spoke no Spanish, and in that vulnerable moment, she was isolated and scared. I urge you also to think of a doula's role after birth - by increasing visits, the isolation that is keeping women and babies in the dark, really sets in. Postpartum doula care is turning on the light. Increase access to this care!

Giving birth is one of the most significant moments in a person's life, and feeling safe and comfortable is crucial. That's where a doula, especially one who speaks your language and understands your culture, becomes essential. This is why I urge you to consider the role of culturally concordant doulas in bridging gaps in the birth room.

When women feel understood, their confidence grows. Every woman deserves that confidence when bringing new life into the world. Through my experiences, I've witnessed the trauma and mistrust that can exist in our communities towards the medical field. Doulas play a vital role in representing families and collaborating with healthcare teams. We help break down those barriers and foster trust.

By supporting this bill, you are helping to ensure that every mother can create empowering memories of her birth experience—memories that last a lifetime. This legislation is about more than just doulas; it's about ensuring that all women, especially those from diverse backgrounds, feel safe and seen during one of the

most important moments of their lives. If we recognize that doulas are important, you must also recognize that we are a profession that is not sustainable without increased pay and structural considerations - we have no healthcare, retirement or vacation. A culture of care, we should not be excluded from.

Thank you for your consideration and support.