

What is a Birth Doula?

A Doula strives to help her clients to have the birth experience that they desire by offering support, reassurance, love, care, and comfort measures. Many women feel as though having a Doula helps them to stay empowered throughout their birth.

As Your Doula

- I am present to help you have the experience you desire: I do not have my own agenda. I will help you to gather information, discuss options, and will support you in whatever decision you make: I do not make decisions for you.
- I help to facilitate the loving togetherness you have with your partner and/or those you choose to have at your birth: I will not take the place of your partner but am happy to serve as your primary support if you are without this support.
- I will provide you with continuous, caring physical and emotional support: I will not make medical/clinical assessments.
- We will have at least one prenatal visits to discuss your vision for the birth, what to expect in labor, any issues/concerns/fears you may have, etc.
- I will be available to you by phone and e-mail for consultations, support and/or referrals throughout your pregnancy and the postpartum period.
- You will have access to my lending library
- I will be on-call for your labor and birth
- I will be available to you during your entire labor and birth. I will provide support to you and your partner, as well as offer positioning suggestions and comfort measures.

We will have one postpartum visit to debrief your birth, discuss breastfeeding, and make sure your transition is going well.