

## WHAT IS A DOULA?

The word "doula" comes from ancient Greek and is now used to refer to a woman who helps other women. It has been applied to childbirth to refer to "a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth."

(Klaus, Kennell, and Klaus, in *Mothering the Mother*).

A certified *birth* or *labor* doula is a trained professional who supports a woman and her partner in preparation for childbirth, offers hands-on care and reassurance during labor and delivery, and assists with initial breastfeeding and immediate postpartum adjustment.

(A *postpartum* doula provides in-home care to a family with a newborn baby.)

*"The doula offers help and advice on comfort measures such as continuous emotional reassurance and comfort; assistance to partners who want to play an active support role; help so the woman has a safe and satisfying childbirth as the woman defines it."*

- From DONA (Doulas of North America)

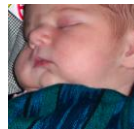
## THE VALUE OF LABOR SUPPORT

"My support begins the moment a mother entrusts me to step into her world and serve in the role of facilitating the space she needs to let herself unfold in preparation for labor and childbirth."

~ Suzy Doula

"A doula was a necessary aspect for us to have a successful non-medicated birth at a hospital. Suzy Doula is a very intuitive and efficient communicator with great nurturing skills. Her presence at our birth was priceless." ~Emily, Hannah's mom

"For a first-time father, having a doula helping alongside my wife and me the day our twins were born was amazing. Suzy Doula did a phenomenal job keeping Amy focused and coaching us through each phase of our labor. The entire process would not have been as wonderful without her." ~Chris, Decker's and Josiah's dad



SUZY DOULA, CD(DONA)

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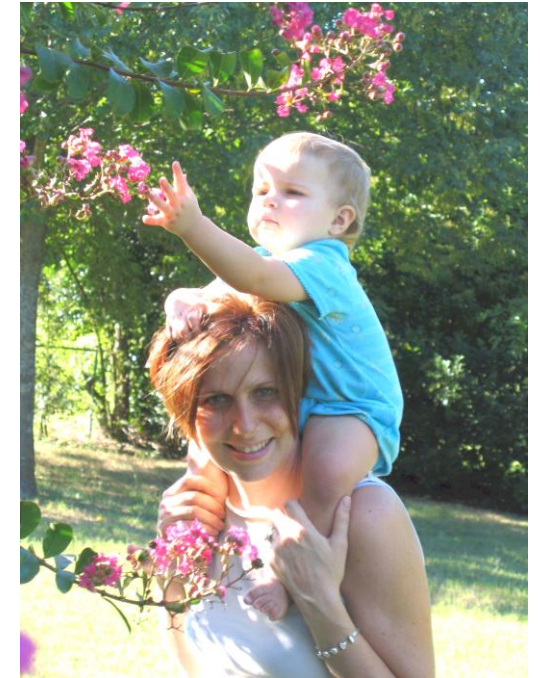
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MEMBER, DONA INTERNATIONAL

(CURRENTLY OPERATING AS DOULAS OF NORTH AMERICA)

[www.dona.org](http://www.dona.org)

## SUZY DOULA, CD(DONA) Certified Birth Doula



*Caring for and assisting mothers and their families through pregnancy and childbirth in hospitals, birthing centers, or planned home births in Austin and surrounding areas.*

*References available upon request*

birth, a rite of passage

~

journey well

(all rights reserved on this slogan)

## BIRTH DOULA SERVICES

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- Initial Interview [at no cost]
- 2 prenatal visits in your home or at the location of your choice \*
- Assistance in exploring your birth preferences and writing a birth plan
- Unlimited phone consultation before and after birth
- 24-hour on call availability 2 weeks before your expected due date and 2 weeks after the arrival of your newborn
- Continuous, competent, and caring hands-on comfort during the length of your labor and delivery
- Breastfeeding support during the immediate postpartum period
- 1-2 postpartum follow-up visit in your home
- Support and confidentiality in matters surrounding your birth choices and labor and delivery experience

\* If you wish, I can accompany you to one prenatal visit with your health care provider.

I can guide you to referrals for postpartum doula care, massage, lactation consultation, and childcare if needed.

## DOULAS DO MAKE A DIFFERENCE

Current research shows that women supported by a doula (continuous, one-to-one assistance) during labor were **less likely to:**

- **have any analgesia/anesthesia, including epidural anesthesia**
- **give birth with vacuum extraction or forceps**
- **give birth by Cesarean**
- **report dissatisfaction or a negative rating of their experience**

Hodnett ED, Gates S, Hofmeyr GJ, Sakala C. *Continuous support for women during childbirth (Cochrane Review)*. In: *The Cochrane Library*, Issue 3, 2003.

### *What does this mean for your new family?*

- more satisfaction in the birth experience
- an opportunity for an easier recovery
- better transition into breastfeeding and postpartum baby care

### *What if you want pain medication or choose other medical procedures?*

When pain medication or other medical intervention is desired or required, I can provide information and reassurance to help improve your experience and navigate the complexities of modern birth.

### *Will having a doula interfere with the role of your spouse or other chosen support?*

I gladly recognize the irreplaceable intimacy of your close circle. My care complements your partner's support and brings confidence and fulfillment to their role.

## ABOUT ME

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I have been a resident of Austin for thirty years and am a contributing member to the local community, economy, and birth culture.

I became interested in doula care after attending the birth of a close friend and providing impromptu support that enabled her to experience her delivery with security and great fulfillment. The experience ignited a passion in me to serve birthing mothers and their families. Shortly afterwards I began my training and certification program through Doulas of North America (DONA).

*I believe that a satisfying birth involves supporting you in the birth YOU want and in providing an environment where your choices and desires are respected and encouraged.*

Drawing on my training and professional birth experience, and having personally experienced childbirth in a hospital and in a planned home birth, *I am honored to be a part of any birth. I am confident that I can provide a balanced perspective and non-judgmental support of your birth choices.*

I have a supportive spouse and dependable childcare. I enjoy a wonderful family life where my career involves raising my two children and serving birthing families in Austin and surrounding areas.

I am involved in a very deep and intimate spiritual relationship with Creator God, His Son Jesus Christ, and His very present Spirit.