

## Doula is...

"a Greek word whose definition has come to mean a woman who helps other women. The word further evolved to mean a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and after childbirth."

From The Doula Book by Klaus, Kennell and Klaus(2002)



**Doula & Belly Casting Services**



## Doula Statistics

"The presence of a doula reduces:

- The overall cesarean rate by 50%
- Length of labor by 25%
- Oxytocin use by 40%
- Pain medication by 30%
- Need for forceps by 40%
- Requests for epidurals by 60%."

From Mothering the Mother by Klaus, Kennell and Klaus(1993)



**Doula & Belly Casting Services**

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## A Doula:

- Provides continuous support for the mother and her partner before, during, and after childbirth
- Has training and experience to help the partner support the mother
- Helps the family achieve its birth goals
- Can also assist in breastfeeding if that is the mother's wish
- Is trained in pain management techniques such as breathing, body positioning, and massage



## A Doula does not:

- Replace any family or friends, including the birth partner
- Perform medical procedures such as fetal heart rate monitoring, blood pressure and cervical/dilation checks, or any other medical procedures.

## My Bag of Goodies

- Birthing Ball
- Stress Balls
- Massage Lotion
- Lip Balm
- Hair Ties
- MP3 Player with Relaxation Music
- Camera
- Fetal Doppler (so you can listen to your baby's heartbeat)

## Doula Services

- I provide a FREE initial visit for you to ask questions and discuss what you expect from me. This is a chance for you to decide if you want me to be there for your birth.
- Four prenatal visits to help you prepare a birth plan and review pain relief techniques you can practice in advance
- I am available any time two weeks before your due date and until you deliver your baby
- Continuous support during your labor and delivery
- Breastfeeding help if desired
- A postpartum visit to review your birth and see how you and your family are adjusting to the new baby
- Pictures of the birth if desired
- I am available via phone or email for any questions or concerns
- Belly casting

## Belly Casting

### What is a belly casting?

Belly casting is a plaster mold of a pregnant woman's belly. Some women just do their bellies while others may do their breasts and even their hands on their bellies during the molding process. After it is complete, the finished casting can be painted. You can store it away, hang it up somewhere or even use it as a decorative bowl. The choice is yours.



Fees for belly casting and doula services are available by contacting Labor Support Mom or via the website.

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