

Congratulations on your new baby!

Thank you for considering me as your labor doula, I am very honored. As a mother of three and a grandmother, I can't praise you enough for traveling down this road, it is a wonderful journey!

I am available by phone (503-703-6408) or email: yvonne@nurturingdoula.com any time you have a question or just need to chat.

Below is a brief description of my services.

Our initial visit:

Getting acquainted. We will discuss your interests in having a doula, explore and discuss your pregnancy, priorities for your birth, your birth plan and address any fears and concerns you might have.

Prenatal visit two:

We will practice comfort techniques, labor positions and comfort touch. We will go through a list of possibilities, outcomes, and interventions as well as address any questions you might like to discuss with your care-provider.

Prenatal visit three:

We will talk about breast feeding, postpartum health and infant care. We will also work a little more with comfort techniques, labor positions and comfort massage.

Labor, Birth and up to two hours postpartum:

I encourage us to have phone contact when you go into labor and will come to you as soon as you need me. This is usually once your in active labor. I can either meet you at your home, stay with you there for as long as you are comfortable, and then accompany you to the hospital, or meet you directly at the hospital. Once I'm with you I'll stay with you during the entire labor, birth, and for about 2 hours postpartum.

Postpartum visit:

I like to get together with you within 48 hours after the baby is born. The best part for us is to admire your new baby, and see how you felt about your birthing experience. During this visit we will discuss postpartum healing, infant care, and breast feeding.

Nurturing Doula . Yvonne Perez Emerson
503-703-6408
yvonne@nurturingdoula.com
nurturingdoula.com

Dimensions of Professional Labor Support

EMOTIONAL SUPPORT

Encouragement, reassurance, & Continuous physical presence

INFORMATIONAL SUPPORT

Assistance to families in gathering information about the course of their labor and their options, explanations and offer non-medical advice

PHYSICAL SUPPORT

Comfort measures, positioning, massage, breathing, relaxation, and other non-pharmacological pain relief measures

ADVOCACY

Interpreting the mama's wishes to the hospital staff

Partner Support

Role modeling, encouragement and reassurance

