

Breastfeeding Success Class

Group or private, in-home classes are available

- Getting breastfeeding off to a good start
- Reading baby's feeding cues
- Techniques to keep baby calm and nursing well
- Obtaining a pain-free latch
- Positioning for optimal feeding and comfort
- Typical newborn routines, including feeding, sleeping and elimination
- How to tell if baby is getting enough milk
- Preventing and reducing breast engorgement
- Demonstration of manual and electric breast pumps
- Techniques for successful pumping, storage and use of pumped breast milk
- Guidelines for safer infant sleep
- Review of benefits of breastfeeding for baby and mother

Breastfeeding Counseling

All doulas serving Birth Partners' clients are trained to help new mothers breastfeed, however when more specific help is needed, or if difficulties arise, Breastfeeding Counseling is a welcome addition to our services.

- Breastfeeding evaluation in client's own home
- Individualized breastfeeding support, education, and resources
- Guidance in avoiding or overcoming common breastfeeding challenges
- Referrals when appropriate

Birth Partners services

make wonderful shower gifts!

Gift Certificates are available.

About Birth Partners, LLC

Janet Hall began Birth Partners in 1990 after the birth of her children inspired her to help families have positive birth experiences. She was the first doula in Connecticut and the 17th in the U.S. to be certified through Doulas of North America (DONA). Janet is a certified childbirth educator, and has served as a member of the Advisory Board for The Birthplace at St. Mary's Hospital, and the former State Representative for DONA. She was the recipient of the 2000 Community Achievement Award from the National Association of Childbearing Centers, and is a well-known speaker on childbirth, VBAC, and other related topics.

Doulas serving Birth Partners clients are carefully chosen based on their commitment to supporting families during pregnancy, birth, and the postpartum period.

Birth Partners serves all of Connecticut, Westchester County, NY, and the Springfield, Massachusetts area.



Birth Partners
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www.birthpartnersdoulas.com

Birth Partners
LLC



Pregnancy, Birth, and Postpartum Services

Supporting, guiding, and honoring each woman's journey as she opens to her pregnancy, labor, birth, and motherhood

Birth Doula Care

During Pregnancy

- In-home doula visits (*average of three, two-hour visits*)
- Telephone contact 24-hours a day
- Resources and information
- Emotional support
- Benefit of Birth Partners' reputation and experience
- Identification of comfort measures
- Assistance writing birth plan
- Closure to prior birth experiences

During Labor and Birth

- Continuous emotional and physical support at home, continuing at the hospital or birth center
- Assessment of progress of labor at home
- Suggestions for timing your arrival at your birth place
- Explanation of options and practical suggestions to partner
- Relaxation, massage technique, and comfort measures
- Advocacy
- In-hospital support for induction, cesarean, or complications
- Average one-and a half hour stay following birth, including breastfeeding assistance (*if applicable*)

During the Postpartum Period

- Phone contact as needed
- Resources and information
- Reinforcement of the woman's accomplishments in labor, birth, and parenting
- In-home doula visit - a time to reconnect and celebrate your new family! (*optional*)

Benefits of Birth Doulas

Studies have shown the presence of a well-trained, professional birth doula reduces:

Cesarean Surgery by 50%

Length of Labor by 25%

Oxytocin use (Pitocin) by 40%

Epidural use by 60%

Narcotics for pain relief by 30%

Forceps use by 30%

The support of a professional doula also improves breastfeeding outcomes and decreases postpartum depression.

Summarized from "Mothering the Mother" (Klaus, Kennell, Klaus)

Postpartum Doula Services

- Prenatal visit including home assessment
- Emotional support during the transition to parenthood
- Bathing, diapering and cord care
- Breastfeeding assistance and support
- Light housekeeping and meal preparation
- Errands and grocery shopping
- Sibling support and activities
- Overnight care available

*Clients with ConnectiCare health insurance may receive up to 16 hours of paid postpartum doula care!
Please contact ConnectiCare for your specific benefit!*

Childbirth Education

We believe our program is the best offered anywhere! Our comprehensive courses embrace our philosophy that with knowledge and support, couples can make the best and safest choices for themselves and their families. We bring years of actual birth experience to each class, offering couples a unique and honest perspective.

Each series includes discussion of:

- Prenatal nutrition and exercise
- The natural process of labor and evaluating its progress
- Timing your arrival at your birth place
- Relaxation techniques and "coaching"
- Coping with pain and fear of pain
- The emotional and physical aspects of labor, including stages of labor
- Birth options and birth place protocols and procedures

Enhanced by videos and a lending library, and limited in size, our classes focus on each individual's needs and desires for birth, not on rigid "methods". As a result, they are appropriate for couples planning to birth at home, in a birth center, or in a hospital!

We also offer in-home, condensed, VBAC and refresher classes. Held in the comfort of your own home, on a time schedule that works for your family, our private classes are geared toward your specific needs. Please contact us for more information.