

# *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*

- Expert matching of client and doula, personalizing the service to your specific needs
- On call, and available to you, 24 hours a day, from the time you contract with us
- In-home doula visits (*average of three, two-hour visits*)
- Emotional support
- Identification of comfort measures and roles
- Information, including assistance writing birth plan (*if desired*)
- Benefit of Birth Partners' reputation, resources, and experience
- Closure to prior birth experiences

### *During Labor and Birth*

- Continuous emotional and physical support at home, continuing at your birth place
- Assessment of progress of labor at home
- Suggestions for timing your arrival at your birth place
- Explanation of options, and practical suggestions to partner
- Massage technique, relaxation, and comfort measures
- Advocacy
- In-hospital support for induction, cesarean surgery, 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 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*

Family-centered, in-home care including:

- In-home prenatal visits, including home evaluation (*optional*)
- Emotional support during the transition to parenthood
- Bathing, diapering, and cord care
- Light housekeeping and meal preparation
- Errands and grocery shopping
- Breastfeeding assistance and support
- Sibling support and activities
- Prenatal bedrest and 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

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.

## 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, including:

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

## Gift Services

Birth Partners services make the perfect gift for any new or expectant family!

Sign up for our free gift registry - family and friends will enjoy providing you with a gift that makes a real difference! Gift certificates are also 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. In 2008, she was recognized by the American College of Nurse-Midwives as "the community expert who best facilitates caring for women in the midwifery model of care" and was also the recipient of the 2000 Community Achievement Award from the National Association of Childbearing Centers.

Janet was the first doula in Connecticut and the 17th in the U.S. to be certified through Doulas of North America (DONA) 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. Janet is a certified child-birth educator, and a well-known speaker on childbirth, VBAC, and other related topics.

Doulas serving Birth Partners clients are carefully chosen for their skill, professionalism, and commitment to supporting families during pregnancy, birth, and the postpartum period. Birth Partners offers intensive training and continuing education, beyond the normal certification process, to provide the highest quality of care to our clients.

Birth Partners serves all of Connecticut, Westchester County and New York City, and the Springfield, MA areas.



# Birth Partners LLC



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