

## ALSO AVAILABLE

### GIFT REGISTRY

Hiring a doula may seem like a luxury but studies show that she can make a difference in your birth outcome as well as a smoother transition to parenthood in the postpartum period. This free resource was developed especially for our clients to help share the cost of doula services.

Birth Partners clients may request a customized gift registry, including a private webpage created just for them to share with family, friends or colleagues who wish to contribute toward their services! More information and a sample registry are on our website.

### PLACENTA ENCAPSULATION

Ingesting capsules made from one's own placenta has been shown to be beneficial in increasing mom's milk supply, restoring nutrients, boosting energy levels and even balancing hormones, thus reducing incidence of postpartum depression. Contact us for more information on how encapsulation can work for you!

Private in-home prenatal yoga sessions also available! A relaxing and personalized way to prepare for birth both physically and mentally.



## ABOUT BIRTH PARTNERS LLC

Janet Padgett began Birth Partners in 1990 after the births of her children inspired her to help families have positive birth experiences. She was the very first Doula in CT and the 17th in the U.S. to be certified through Doula's of North America (DONA) and has served as a member of the Advisory Board for The Birthplace at St. Mary's Hospital and as a regional representative for DONA.

In 2021, Carrie Copeland accepted the role of President of Birth Partners after working with the company for sixteen years as a birth and postpartum doula with Janet as her mentor. In 2023, Carrie passed on the great privilege of becoming the President of Birth Partners to Dawn Roaix, the current President. Dawn proudly worked for Birth Partners for thirteen years as a postpartum doula and lactation counselor and graciously accepted the opportunity to carry on the important work with families in CT and beyond.

Dawn participates actively in all Birth Partners trainings and facilitates regular group meetings to continue the learning and camaraderie of doulas serving Birth Partners clients.

### EVER CONSIDERED BECOMING A DOULA?

We'd love to discuss it with you!

Email us at [info@birthpartnersdoulas.com](mailto:info@birthpartnersdoulas.com)



*Birth Partners*  
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(203) 718-6512

[www.birthpartnersdoulas.com](http://www.birthpartnersdoulas.com)



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NOT JUST DOULAS...

*Birth Partners*



## BIRTH DOULA SERVICES

### During Pregnancy

- Thoughtful matching of client and doula
- On call, available to you 24 hours a day from the time you contract with us
- In home doula visits
- Unlimited virtual visits
- Identification of comfort measures and each person's role in labor for birth
- Information, resources, and assistance writing a birth plan

### During Labor and Birth

- Continuous support at home until ready to go to birth place
- Suggestions on timing arrival at birthplace
- Explanation of options, practical suggestions to partner
- Relaxation and comfort measures
- In hospital support and advocacy including induction, cesarean, or complications

### During the Postpartum Period

- Continued phone contact as needed
- Resources and information
- In-home doula visit to reconnect and celebrate your new family



Scan Here for our website!

## POSTPARTUM DOULA CARE

A postpartum doula nurtures and supports the new family during this very special time. In the comfort and security of the client's own home, the doula helps ease the transition the new mother ~ and her family ~ may be experiencing through individualized care, encouragement and practical information.

### Our Family-Centered, In-Home Care Includes:

- Guidance, support and education during this transition to parenthood
- Bathing, diapering and cord care
- Light housekeeping, meal preparation, errands and grocery shopping
- Sibling care and activities to give you time to bond with new baby
- Daytime and overnight care available

Prenatal bedrest care is also available.

### Postpartum Breastfeeding Counseling

All doulas serving Birth Partners' clients are trained to help new mothers breastfeed. However, at times when more specific help is needed, we also have Breastfeeding Counselors available for in-home or virtual support sessions.

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

## EDUCATIONAL PROGRAMS

Your private childbirth education is customized for your individual needs and held in the comfort of your own home. The classes can also be held via live, interactive sessions. Scheduled for a date and time that work with your schedule, both class options are comprehensive and based on your chosen care providers and birth place.

### Class may include discussion of:

- The emotional and physical aspects of labor, including the stages of labor and evaluating its progress
- Timing your arrival to your birth place
- Birth options and birth place protocols and procedures, specific to you
- Challenges of labor and how to work with them

Because each class is personalized, you will have the information and knowledge you need to create the birth of your choice!

