

## What is a Doula?

Doula is a Greek word meaning 'woman who serves' or 'one who mothers the mother.' A doula is a professionally trained labor support person. She provides physical, emotional, and mental support to women before, during, and after childbirth. A Doula is not a replacement for the birth partner or father, rather, she helps the primary birth partner to better support the mother.

### Birth Doula

- ♥ Your doula will help you identify your concerns and priorities regarding the labor and delivery
- ♥ She will give you the tools you need to address your concerns
- ♥ Your doula can help you and your partner to create a birth plan
- ♥ At home, she will observe signs of labor and offer suggestions and advice on when to either transfer to the hospital or call the midwife
- ♥ During labor, your doula will provide uninterrupted continuous physical and emotional support to you and your partner, including but not limited to, pain management and comfort measure support
- ♥ Your doula can assist with massage, essential oil usage, labor positioning and use of other labor tools
- ♥ She has breastfeeding education and will be able to help you establish your nursing relationship, if so desired
- ♥ Your doula has established positive relationships with local professionals and can provide referrals if needed



### Postpartum Doula

Your postpartum doula is here to support your growing family as you transition into caring for your new baby. She is here to hold the space for you to spend time bonding, breastfeeding and snuggling with your new bundle of joy. As you instinctively learn to mother your new baby, she is here to mother you and the rest of your family.

### Services Include:

- ♥ Meal preparation
- ♥ Breastfeeding support
- ♥ Provide light house work
- ♥ Gentle guidance in baby basics
- ♥ Compassionate listening for birth story processing
- ♥ Postpartum teas for healing and lactation
- ♥ All support is evidence based

Visit [www.greatexpectationsdoulas.com](http://www.greatexpectationsdoulas.com) for more Birth and Postpartum Doula details, packages and custom options.

## Placenta Services

### History of Placenta Ingestion

During pregnancy, the placenta is responsible for managing a woman's hormones. After birth, your newly postpartum body will take approximately six weeks to begin managing your hormones again on its own. That transitional time can be a roller coaster of emotions and physical symptoms while the body is relearning the right combination of hormones needed to function most efficiently.

In many cultures, the placenta is believed to hold special healing properties for women during the postpartum period because of its incredible hormone producing power. Placenta consumption can be traced back to as early as the 16th century.

The placenta is considered a sacred and powerful medicine; it is similar to "drinking from the fountain of youth".

### Benefits of Placenta Consumption

- ♥ Reduction in postpartum bleeding
- ♥ Increased milk supply
- ♥ Overall feeling of calm
- ♥ Less "baby blues"
- ♥ Sustained energy levels
- ♥ Reduction in stress
- ♥ Contains your own natural hormones
- ♥ Hasten return of uterus to pre-pregnancy state
- ♥ Eases symptoms of menopause

We offer placenta encapsulation, smoothies and tinctures. Talk to us about the different benefits that each of these techniques offer. We also offer placenta prints as a special keepsake.

### Other Services We Offer

- ♥ Bengkung Belly Binding
- ♥ Belly Casting
- ♥ Childbirth Education
- ♥ Organic Postpartum products and teas
- ♥ GEMS Support Group
- ♥ Babywearing Library
- ♥ Cloth Diaper Guidance

