



Doula Service by Cynthia Rizkallah

Thank you for considering me as your doula. Being part of your journey is a privilege. Should you choose my services, I promise to do my best. My goal is to ensure you have a safe and satisfying birth experience.

Check below to know more about how I can be there for you both while being physically present but also virtually!

📱 @CoachingByCynthia
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A little bit about me!



- Bachelors of Science in Nursing received in 2015 at the American University of Beirut
- Worked at the Labor and Delivery suite unit at the American University of Beirut Medical Center
- Continued with a Masters of Science in Nursing, emphasis on community and public health nursing and minor in education, received in 2019 at the AUB
- While doing my masters, with the passion I have for everything related to pregnancy, birth and postpartum process:
 - Got trained to be a life coach and decided to only focus on expecting mothers and fathers and this is how I became a pregnancy coach
 - Did my breastfeeding specialty and became an international board certified lactation consultant
 - Got trained to be a doula in Toronto, with the president of doulas in Ontario
 - Traveled for a residency at Johns Hopkins Hospital in Baltimore to know more about how they prepare pregnant couples for labor, birth, breastfeeding and the postpartum journey so attended all their prenatal classes at their maternity units
- What I currently do:
 - Prepare couples from the moment they know they're pregnant till the day they give birth and have to take care of their newborn
 - Attend birth if the couple wants me to be present
 - Work as a consultant with different hospitals and physicians and help them in providing prenatal education services





What you will receive if you take the doula service in Lebanon



- I meet you prenatally, to:
 - Get to know you more, know what really matters to you.
 - Together we design your birth preferences and discuss how you would like me to act as a support person in very specific ways.
 - I get to meet your husband too and know how he would like me to support too.
- You call me no matter what you feel... Even if it's a contraction and you're not sure if it's a true or false one... so whenever you want to double-check anything, I'm always on call for you!
- You always call me as soon as you believe you're having any sign or symptom telling you that labor is near (ex: contractions, rupture of membrane, spotting, diarrhea, etc. What we usually discuss during our labor and delivery prenatal session).
- I need approximately one hour from the time you ask me to come (depending on place of birth).
- I meet you at the hospital as soon as you're 3 cm dilated (when you're usually done from early labor and this is something we also discuss if you take your prenatal sessions with me and more specifically "the preparation for labor and birth" one part of the prenatal program).
- If you already took prenatal classes with someone else, we will just have to meet once prenatally to discuss your birth preferences so that I can be your advocate once at the hospital.
- After birth, I remain with you for approximately 1-2 hours postpartum, until you are comfortable!
 - I assist with initial skin to skin (with both mother and father).
 - I help with the first breastfeeding experience, putting everything you learned into practice (taking into consideration that you also took prenatal classes that prepare you for breastfeeding). So I help you with positioning the baby on the breast, making sure that you have a correct latch.
- Except for extraordinary circumstances, I will remain with you throughout your entire labor and birth process.



What you will receive if you take the virtual doula service



- I meet you prenatally on Zoom, to:
 - Get to know you more, know what really matters to you.
 - Together we design your birth preferences and discuss how you would like me to act as a support person in very specific ways.
 - I get to meet your husband too and know how he would like me to support too.
- You call me no matter what you feel... Even if it's a contraction and you're not sure if it's a true or false one... so whenever you want to double-check anything, I'm always on call for you!
- You always call me as soon as you believe you're having any sign or symptom telling you that labor is near (ex: contractions, rupture of membrane, spotting, diarrhea, etc. What we usually discuss during our labor and delivery prenatal session).
- If you already took prenatal classes with someone else, we will just have to meet once prenatally to discuss your birth preferences so that I can be as supportive as possible once your labor process starts!
- I go with you to the hospital (from WhatsApp calls to zoom video calls... whatever works best for you) and stay on call for you during the whole process, guiding you, answering your questions, being there for you and your husband, no matter what you need.
- I remind you both of your birth & nursery preferences to help you navigate it all as smoothly as possible.
- You can get a tripod, this way you won't have to worry about the placement of your phone or iPad...
- After birth, I remain online with you for approximately 1-2 hours postpartum, until you are comfortable!
- I help with the first breastfeeding experience, putting everything you learned into practice (taking into consideration that you also took prenatal classes that prepare you for breastfeeding). So I help you with positioning the baby on the breast, making sure that you have a correct latch. Can see it all online!
- Except for extraordinary circumstances, I will remain with you throughout your entire labor and birth process.



Please take into consideration that a doula

- Won't come with an agenda
- Won't impose anything (just there to advocate for what you & your husband want)
- Won't speak for you, but will help facilitate communication
- Doesn't do anything medical, but is there as part of the team
- Doesn't replace the husband (A Doula is someone who has special experience and education to provide support in labor. While a partner may be your perfect emotional support, it's quite unrealistic for them to remember everything they learned in childbirth prenatal classes or to remain unemotionally involved in the experience. A Doula is not there to replace your partner in any way. In fact, most support people will say that their doula helped them become more involved in the birth experience by encouraging them to do things they wouldn't have thought of).

Fees based on packages explained below

In Person Doula Support	600\$
Virtual Doula Support	300\$

**Don't hesitate to reach out if you have questions
or need further clarification**

Lot of love,



Cynthia Rizkallah

**RN, MSN, Pregnancy Coach, Doula & International Board-Certified
Lactation Consultant**

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