

BOW-INN DOULA SERVICES

WELCOME TO DOULA SUPPORT

Thank you for inviting me to be part of your birth journey. Supporting families during pregnancy and birth is deeply meaningful work, and I feel honored to walk alongside you during this important time.

My role as your doula is to provide **steady support, helpful guidance, and a calm presence** so that you never feel like you're navigating this experience alone.

What a Doula Does

As your birth doula, I provide:

- Emotional support throughout pregnancy and labor
- Practical guidance as you prepare for birth
- Comfort measures and coping techniques during labor
- Continuous support during labor and birth
- Encouragement and reassurance for both you and your partner

I work **alongside your medical team**, focusing entirely on your experience and well-being.

What Doula Support Looks Like

Every family is unique, but support often includes:

- Prenatal meetings to prepare for birth
- Helping you explore your birth preferences
- Teaching comfort techniques and positions
- Being available by phone or text for questions
- Joining you in labor when active labor begins
- Remaining with you throughout birth and early postpartum

Your Partner's Role

Many partners worry they won't know what to do during labor. One of my goals is to **support partners so they can support you**.

I help by:

- Suggesting comfort techniques
- Offering guidance when things feel intense
- Giving partners breaks when needed
- Helping them stay involved and confident

Communication

You are always welcome to reach out with questions or concerns.

Birth preparation often brings up new thoughts or emotions, and it's completely normal to want reassurance along the way

Preparing for Birth Together

During our prenatal visits we will talk about:

- Your hopes and preferences for birth
- Comfort measures for labor
- Stages of labor and what to expect
- Partner support techniques
- Your birth preferences or birth plan

These conversations help you feel **informed, confident, and prepared**.

A Note on Birth Plans

Birth can unfold in unexpected ways. Rather than focusing on rigid plans, we focus on **preferences and flexibility** so that you feel supported regardless of how your birth unfolds.

My Philosophy

Birth is not just a medical event. It is a profound life transition.

My goal is to help create an environment where you feel:

- Safe
- Supported
- Heard
- Respected

No matter how your birth unfolds, you deserve to feel cared for throughout the experience.