

Doula

(n). Greek Origin

"A WOMAN WHO SERVES"

...providing continuous labour support by minimizing emotional and physical stress during and after procedures....



- UNINTERRUPTED SUPPORT AND ADVOCACY.
- FACILITATING COMMUNICATION BETWEEN THE ENTIRE BIRTH TEAM
- COMMITMENT TO A POSITIVE BIRTH EXPERIENCE



I SUPPORT YOU IN YOUR DECISIONS ON HOW YOU WANT TO BIRTH

Doula's Promise

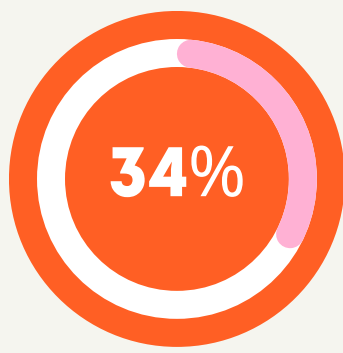
Doulas can provide basic educational sessions to demonstrate the importance of deciding to have skin to skin, the benefits of breastfeeding and facilitate programs such as hospital tours that can foster healthier relationships between medical communities and the general public



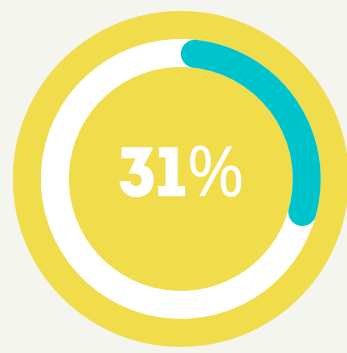
Doula-supported women are...



LESS LIKELY TO HAVE A C-SECTION



LESS LIKELY TO RATE BIRTH EXPERIENCE NEGATIVELY



LESS LIKELY TO USE SYNTHETIC OXYTOCIN TO SPEED UP LABOUR



Doula care facilitates parent-infant bonding, which has proven to reduce child abuse and neglect.

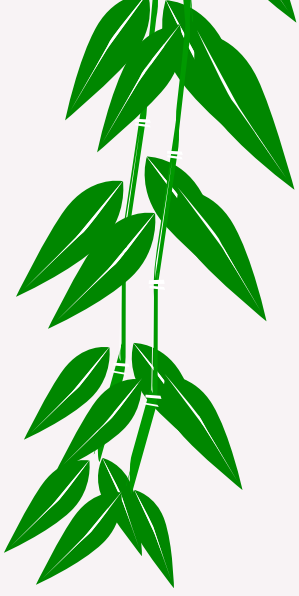
NURTURING BEGINNINGS



THE DOULA ENCOURAGES THE FATHER TO BE DIRECTLY INVOLVED IN CHILDBIRTH; TO LISTEN TO THE MOTHER'S NEEDS AND BE HER STRENGTH & COMFORT



with love, care and support,
Verlyndoula



With a very enthusiastic personality and a passion to create a proactive take on pregnancy, labour and birth, I hope to improve the experiences we have while giving birth to our babies.

I hope to restore the God-given magic we have within us through a holistic approach which includes education, candid discussion and community support.

I have two beautiful children, and it was through their births- my birth experiences, that I understood the power of self-advocacy. I want Caribbean women who interact with me to know their power and how to utilize it to create beautiful birth experiences for themselves.

"For decades, Caribbean women have subconsciously relinquished full autonomy of their birthing experiences. I intend to provide adequate information and labour support to mothers and their chosen birth circle in order to achieve an integrative, safe and comfortable birth experience."



Verlyndah Hodge
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"...bringing you the bare necessities of pregnancy, labour and birth"