



## Kind words:

Natatia provided me with an invaluable support system during my pregnancy and childbirth. Her expert knowledge and guidance helped me have a healthy and happy pregnancy and a smooth and successful delivery. I am truly grateful to have had her support throughout this special time in my life.



## Contact me

Natatia Peterson  
MS.Ed, CD/PCD(DONA), LCCE,CPM



[yourwombllc.com](http://yourwombllc.com)



330-849-0195

330-428-7855-Office

[yourwombllc@gmail.com](mailto:yourwombllc@gmail.com)

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Holistic Birth and Doula Services

Informative Brochure





# SERVICES

## Childbirth Education & Doula Support



Our Childbirth education course has been designed to help provide current evidence-based information about childbirth & making informed decisions about care and birth plan options. Our comprehensive program helps families develop a birth plan connecting with me as a their doula or helping to connect them with a doula that will help support the birth they desire.

## Prenatal Services

When you find out you're pregnant and ready for care we begin with setting up an initial visit where we will develop an individualized care plan and discuss some of your birth location options. Prenatal care can be in conjunction to OB care in preparation for a hospital birth or home birth.



## Birth Services

Midwifery care is holistic. I take a fundamental approach to pregnancy and birth by modeling my practice around the Midwives Model of Care. I respect the natural physiological process of birth. I avoid unnecessary interference, by providing a balance of support, protection, and advocacy. Home birth is available for low risk birthing families.



# What to expect?

### Childbirth Education/Preparation:

- Provide current evidence-based information
- Help develop a understanding of the labor and delivery process
- Teach relaxation and breathing skills
- Provide the basics of fetal and newborn development
- Education on how to communicate your preferences to the medical staff in the hospital
- Provide education on childbirth location options

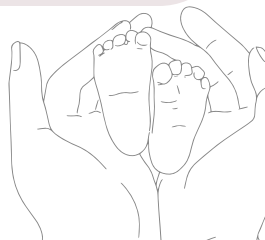
### Prenatal Care Options:

- 45-60 min appointments
- Educate on the nutrition and fluid intake needed for a healthy pregnancy
- Provide education on herbs, supplementals and vitamins
- Provide education on screening options
- Home visit@ 36 weeks (home birth clients)
- Discuss on labs and tests
- Discuss vaccination options

### Birth/Postpartum/ Lactation Support:

- Teach both of parents how to care for your new baby
- Assist with breastfeeding education
- Support your partner and other siblings and teach them how to help you
- Make sure you get plenty of rest, eat regularly, stay hydrated, and are comfortable
- Postpartum support after delivery 24 hr visit, 3-5 day visit, 1-2 week visit

## And More!



## About Me?

As a resident of Stark County and a Certified Professional Midwife (CPM), I am dedicated to advancing the midwifery profession and addressing healthcare disparities among African American and underserved populations within our community. In my capacity as the Health and Wellness Coordinator at the Alliance for Children and Families, I oversee the delivery of comprehensive pregnancy support services. With over eight years of experience as a birth and postpartum doula, I have cultivated a robust foundation in delivering holistic care during this pivotal life stage.

I hold a master's degree in Education with a specialization in Family and Consumer Sciences from the prestigious University of Akron. Additionally, my certification as a Family Self-Sufficiency Specialist has equipped me with critical expertise in engaging with low-income and underserved communities. By integrating my professional credentials, academic achievements, and extensive practical experience, I am well-positioned to make substantive contributions to improving maternal healthcare outcomes and reducing healthcare disparities in our community.