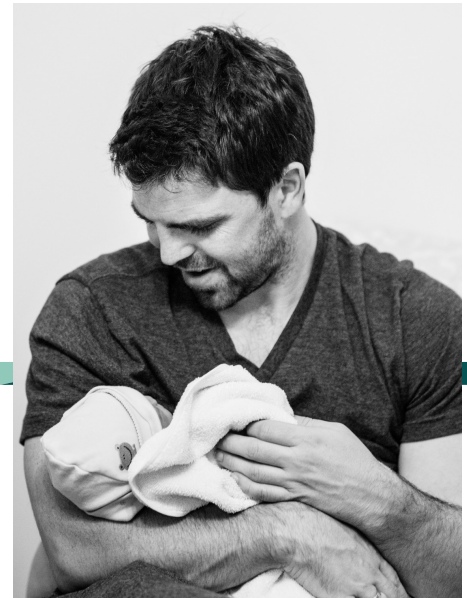


Did you know?

PARTNERS BENEFIT FROM DOULA SUPPORT TOO!



TODAY, MORE PARTNERS PLAY AN ACTIVE ROLE IN THE BIRTH PROCESS...

However, some partners prefer to enjoy the delivery without having to stand in as the labor coach...or could benefit from some back-up coaching. By having Jenny as part of your birth team, the partner can participate in the birth at whatever level is most comfortable. Jenny prefers to work along-side the partner so the birthing mother's needs are met together. Each member of the birth team brings a different set of skills and reassurance to the mother during the labor process. For example, Jenny's assistance allows the partner to support the birthing mother emotionally during labor and birth and to also enjoy the experience without the added pressure of trying to remember everything you both learned in childbirth class!

HOW DOES JENNY WORK WITH PARTNERS?

- Supplements partner support, but doesn't replace partner
- Suggests various comfort measures and techniques that may offer the laboring mom and partner support during labor
- Provides reassurance, explains what's "normal" and fills in the gaps about anything that may be forgotten from childbirth preparation class
- Answers questions about pregnancy, labor and birth from a partner's viewpoint
- Offers hand-on support when the partner needs a quick break and/or a team effort is best
- Cues the partner to advocate on the birthing mother's behalf
- Encourages partner to participate in the birth experience at whatever level feels most comfortable
- Works to keep birth experience positive for everyone

Studies have shown that when doulas attend birth, labors are shorter, with fewer complications, babies are healthier and they breastfeed more easily.

