

Bundle of Joy

DOULA CARE



39 Weeks...

Mom: I went into labor early in the morning on the 12th. My husband and I were surprised and excited that the big day was finally here. I wasn't due for one more week. We labored at the house until about 6pm and decided that it was time to go to the hospital. I was tired, excited, and a bit fearful because I wasn't sure how this was going to play out and I wanted to keep to my birth plan as much as possible. The room we were in was dimly lit as we had wanted and it was peaceful, despite the pain I was in. Around 11:30 pm or so, my water finally broke and I could start pushing. I was exhausted, but once I felt the baby's head crowning, I got another burst of energy was able to push her out. I was amazed by this new little one and I couldn't believe what my body was just able to do. I had been with her since the beginning, but I was finally getting to meet her. She was beautiful and perfect. I couldn't stop looking at her. We had postponed all unnecessary medical procedures immediately following her birth so that we could spend time bonding. She latched on right away. I was thrilled. Everything went just as I had hoped and we had a lovely and wonderful healthy baby girl.

Dad: What an amazing day it was that Lily entered the world. So long and tiring for all of us, full of anticipation and eagerness for Suzanne's pain to be over, I feared we'd run out of energy before the big event. Yet when I saw our new daughter in our arms and looking back at our loving gazes for the first time, I was filled with endless joy and newfound energy. I was a dad...Our daughter was perfectly healthy...My wife managed to pull the whole thing off without any drugs and I was so proud of her to have the strength, courage and willpower to do so. A day I will never forget.

Having such an experienced doula as Deidre attending our birth allowed both of us to feel much more relaxed and reassured, relieving us of much of the fear and panic associated with labor and the delivery of our baby. We really felt well cared for throughout the day by her emotional support, gentle guidance at key points during the day, and insight to see to all the little, yet important things (phoning into the hospital as we were driving there to book a room, reserving the "big tub", creating the perfect room atmosphere, taking photos for us, etc.) that we would never have figured out to do on our own. We strongly feel that Deidre's care was everything we had hoped it to be and believe that without her there, our drug-free birth plan would most likely not have gone as intended. Deidre was a pleasure to have with us (before, during and after) for this joyous event and we highly recommend her as a birth doula.

-Ryder & Suzanne