



## A Complicated Birth

**Mom:** I called Deidre the morning my water broke, and she answered all my questions to quell my nervousness. We decided to wait at home until my contractions become stronger. She came to our home and stayed for several hours as we walked the block in an attempt to help me dilate. In my birth plan, I had decided to wait as long as possible before asking for the epidural. The contractions were so painful and without Deidre's reassuring support my husband and I would have had a very hard time understanding the changes during the process. During labor, she assisted me in and out of the hot tub, gave me soothing foot massages, fed me ice chips, and had many suggestions for non medicated pain relief. Deidre was with us the entire time until our little girl was born. She was with us for almost 24 hours. She always had a reassuring smile on her face and her calm voice helped us thru it all. It was nice having someone there with so much knowledge and experience to help explain what was going on. This way my husband and I were able to remain calm and enjoy the experience of child birth. We are so grateful and relieved Deidre was with us, we would not have made it with out her. When we decide to have a second child we intend on having Deidre by our side once again.

**Dad:** I had two friends recommend that we find a doula for the birth of our first child. All I can say is "Thank God" for their recommendation. My wife was lucky enough to find Deidre. We met with Deidre twice before the big birth day. We discussed

different birthing scenarios and wrote out our birth plan. On the big day, Deidre helped advise us and came over and walked with Amy. Fourteen hours after her water broke, we went to the hospital where the fun began. The process at the hospital took about 24 hours and had allot of twists, turns, and unknowns. Deidre was able to anticipate what was going to happen and let us know what to expect. We had some difficulty during the birth (which I believe happens to everyone the first time). It was apparent that Deidre was informed about every nuance of what could happen during the process- the good and the bad. She helped keep me informed and offered choices on how to proceed. One important time came when we found after twelve hours at the hospital pushing that our baby was upside down.

Deidre recommended some positions. After about two hours of different positions, we discovered that they helped move our baby around to the proper position for birth. I wanted to be involved with the birthing process. She provided me the space to feel connected to the process yet always had my back if I needed help or encouragement. She was a constant positive pillar of support. I can honestly say that I would not have made it thru the birthing process without Deidre's help and guidance. She made the birthing process a day of joy and happiness instead of uncertainty and dread. We plan on having another child, and we hope to have Deidre by our side for that special day as well.

- Scott and Amy

