



A Hospital Birth With Epidural

Mom: Going into labor was quite scary as it didn't begin as I thought it would...it was much more painful! Deidre comforted and calmed me, letting me know that everything was normal, which was such a huge relief. It allowed me to focus on getting through labor rather than being afraid. I wanted to be able to have my daughter naturally without complications that would lead to a c-section. I was able to get through 20 hours of labor without an epidural with the help of Deidre. In the 20th hour I did receive an epidural (which I was never opposed to in first place) and two hours later, my perfect daughter was delivered without any complications. What a relief it was to have Deidre there to support me through the entire process. I really think that without Deidre, I would have been at the hospital with an epidural so early in my labor process because of fear that I would have missed out on so much of what I wanted to experience.

Dad: As a first-time father I was concerned that having a doula would limit my role in the birthing process. But, it turned out that Deidre was more of a moral support and helped us to be sure of ourselves instead of taking charge. This allowed me

to fully experience the birthing process without fear. Having our daughter without complications made the entire birth experience deeply fulfilling.

As first-time parents, we tried to prepare for the birth experience by attending child preparation classes, reading books and talking to other parents. However, each and every birth experience is unique and nothing really could have prepared us for our



experience. As labor began, Deidre was there for us every step of the way. We were so scared even though we thought we knew what to expect. Having Deidre with us was so comforting. Her ability to let us know that everything we were experiencing was normal turned our fear into a positive experience. When we look back at our entire birth experience, we have

such a wonderful memory of how we brought our daughter into the world. We can honestly say that we don't think that the same would be true if it weren't for Deidre. She was truly an amazing addition to such a personal and beautiful event in our lives.

- Chris & Wendy