

Bundle of Joy

DOULA CARE



A Natural Birth

Mom: Having Deidre as my doula helped me accomplish my birth plan. I began labor at 7:40 am and really focused on relaxing my body. By 10:30 am my contractions were about 2-3 minutes apart, and Deidre arrived just in time. She had me get on all fours, inhale in and moan low tones out, and with each contraction Deidre massaged my sacroiliac-joint, which enabled me to focus on my breathing. By 2:30 PM my contractions were about 1 minute apart. I considered drugs, but Deidre kept encouraging me to follow my heart and my plan, got me in the big warm tub, which saved me from making decisions I didn't want to make. I relaxed even more, enjoying the last 2 hours of labor, then when I was ready, she was right with us till our son was born.

Partner: I feel we were fortunate to have Deidre with us as Melanie's pregnancy and birth went smoothly. Being there, able to witness my son's literal entry into our lives was nothing short of miraculous. He was (is) perfect. Deidre was always at hand to reassure us and answer questions. Being fully able to stand with my wife during the necessary birthing struggle has caused my love and respect for my wife to increase without end.

Hire Deidre if you'd like someone who truly honors your requests and desires during your birth! I found Deidre to be soft-spoken, gentle and fully present through each contraction, massaging and encouraging me...She was able to take charge and manage the situation beautifully in our home and then ensure our requests were heard by the hospital staff. I'd hire Deidre again to get the same great outcome!

- Melanie & Owen