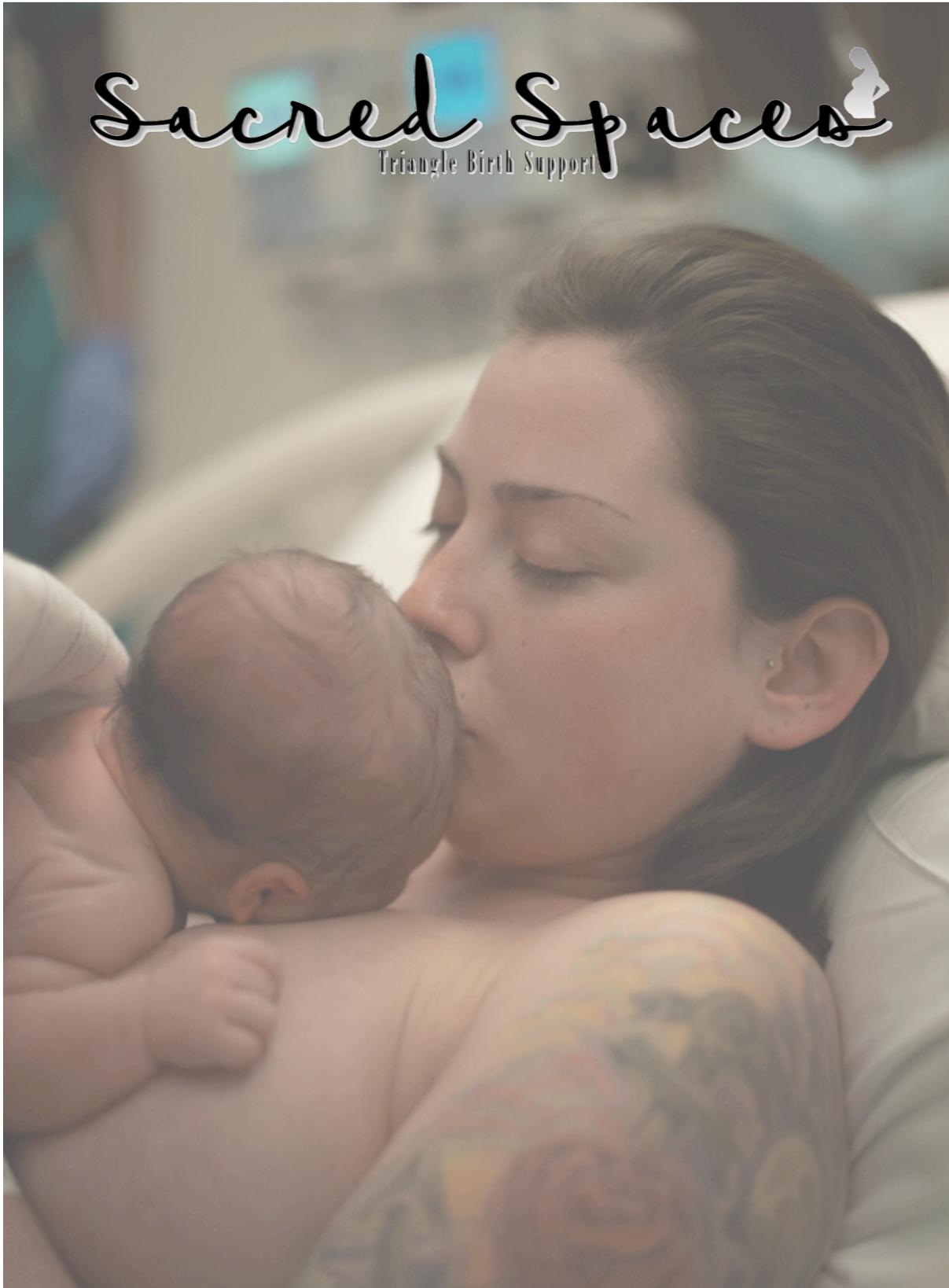


Sacred Spaces

Triangle Birth Support



Sacred Spaces

Triangle Birth Support



Stephanie played such an important role in both education and support as we prepared to welcome our little girl. We really appreciated her calm spirit and genuine desire to help and advocate for us with whatever we chose to do. The icing on the cake was that she gave us beautiful photos that we will treasure forever.

-Jenna Overby

Having Stephanie help prepare for the birth of our little girl was beyond helpful. It was a blessing to have Stephanie with us during labor, as she was able to speak for us in times that our focus was elsewhere in the delivery room. The photographs that she took are priceless, capturing our little girl's entrance into the world. She even parked our car and toted our bags! We will always be grateful for the way she cared for us during our most precious (and stressful) times.

-Justin Overby

My labor was a long six-day hospital experience; Stephanie made that experience a lot less stressful. She coached me and supported me. I could not have done it without her.

-Bobbie Jo Rickett



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Triangle Birth Support 

How I Can Help You

Prenatal

- Provide emotional support throughout your pregnancy.
- Assist in troubleshooting common uncomfortable pregnancy symptoms such as nausea, back pain, weight gain, lack of sleep, etc.
- Provide exercises and positions that will help your body get in shape for labor.
- Advise mom with a nutrition plan (if desired).
- Access to a library of pregnancy books available for checkout on various pregnancy topics (unmedicated birth, vaccines, breastfeeding).
- Take time to address and discuss any fears that mom might be facing throughout pregnancy.
- Provide options for a more “natural” approach to pregnancy (if desired)
- Answer questions and provide resources when needed.
- Offer resources for moms who are overdue
- Educate mom and partner of their options with their birth provider.

When Labor Begins

- Provide continuous labor support, available before you go to the hospital (during early labor).
- Offer tips on positions that will encourage a more favorable labor.
- Provide massage, rubbing, or any other physical comfort measure desired by mom.
- Assist in creating a positive and comfortable space for laboring (candles, music, aromatherapy, etc.)
- Support mom and partner in any decisions made, while keeping the birth plan in mind.
- Advocate for mom whenever necessary.
- Take photos of your labor and birth.
- Provide the opportunity for your partner to take a break.

After Birth

- Continue to provide emotional support.
- Provide breastfeeding support (when necessary).
- Phone or text support in the first weeks
- Visit mom at home around 2 weeks postpartum

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What I Don't Do

- Any physical exams.
- Clinical tasks like taking blood pressure, fetal heart checks, bloodwork.
- Make decisions for you.
- Diagnose conditions.
- Speak to hospital staff on behalf of you (unless medically necessary).
- Deliver babies.
- Let my personal biases get in the way of caring for mom.

From a Statistical Side...

How Doulas Impact Outcomes

An analysis of 22 trials of continuous labor support, including 15,288 women, found that when women had continuous support from a doula, they were:

- 28% less likely to have a cesarean
- 31% less likely to have synthetic oxytocin during labor
- 12% more likely to have a spontaneous birth
- 14% less likely for babies to go to special care nursery
- 9% less likely to have pain relief medication
- 34% less likely to be dissatisfied or negatively rate their birth experience

--Hodnett E, Gates S, Hofmeyer G, Sakala C. 2012 (10) Continuous Support for women during childbirth. *The Cochrane Library*

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Triangle Birth Support 

Costs and Fees

The Birth Package- \$550

- Two Prenatal Meetings
- Call and Text Support throughout pregnancy
- Access to my lending library
- Continuous labor support
- 2-Week postpartum visit
- Lactation Support

•A deposit of \$150 will be due at our first meeting. The remaining is due by the birth

*Sometimes birth is unpredictable. I can never guarantee an outcome, but I will do everything I can to help you reach your goals in your birth plan. If I am unable to attend your birth because of my own error, you will receive a full refund. If I am unable to attend your birth because of something beyond our control (very quick labor, emergency situation), I will refund everything except the deposit. If I am unable to attend your birth because of your error (you didn't call me), the full amount will still be due.

*In all births, I will discuss my schedule with you. If I am unable to attend your birth, I will have a back-up doula available to attend in my place.

Other Services

Birth Photography : \$500

Birth & Doula Services: \$800

Mother's Blessing Ceremony- \$99+

First Moments Photography Session- \$150

- Documenting the first 4 hours after birth including breastfeeding, diaper changes, skin to skin, meeting family members, etc.