
WHAT IS A DOULA?

The word "Doula" is greek for woman's servant. A labor/birth doula is a professional labor support person who is by your side during your entire labor and the early stages of postpartum. Your doula also meets with you in pregnancy to establish a relationship and help you to sort through the uncertainty of pregnancy, labor and parenting. Doulas are trained specifically to provide emotional, spiritual and mental support to families. Doulas do not provide medical advice or replace any medical professionals during your pregnancy or birth.

"We have a secret in our culture, it's not that birth is painful, it's that women are strong."
Laura Stove Harm

ABOUT NATURAL LULLABIES

Established in 2003, Natural Lullabies is a Pregnancy and Family Center dedicated to empowering, educating and supporting women and their families during pregnancy, postpartum and the first three years. Locally owned and operated by a Mother of 3, Natural Lullabies offers classes, services and products in Tulsa, OK.



ABOUT OUR DOULAS

Our Doulas are trained through one of several professional organizations including DONA, CAPPA or ALACE. Our professional Doulas attend extensive hands-on training beyond the Doula training workshops including birth observations and reports, additional academic requirements and adhere to our code of conducts and standards. Our Doulas are required to meet very strict requirements beyond the training company and are screened during training to ensure that we are providing only the best to our clients.

Each Doula works closely with our Doula Manager in providing only the best service possible for all of our families.

www.TulsaDoula.com



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Are you
PREGNANT?



Consider hiring a

DOULA

www.TulsaDoula.com

WHY HIRE A DOULA?

Doulas provide that sense of comfort, knowing that a trained professional will be at your side your entire labor and in the immediate postpartum. She brings a familiar face when there are so many unfamiliar sights, sounds and people.



10 Reasons to Hire a Doula

1. She will give you 100% attention in labor.
2. She knows dozens of labor positions.
3. She is a great assistant to the Father.
4. She will come to your birth - night or day.
5. She works on weekends & holidays.
6. She can make birth less scary.
7. She brings a sense of peace & calmness.
8. She is professionally trained.
9. She will help you with breastfeeding.
10. She can provide an objective voice.

RESEARCH....

According to the ground-breaking work of Drs. Marshall Klaus and John Kennell and Phyllis Klaus, M.Ed. in their book, *Mothering the Mother*, studies have shown that having a doula in attendance can result in the following benefits:

Decreases the overall cesarean rate by 50%
Decreases the length of labor by 25%
Decrease the use of oxytocin by 40%
Decreases the mother's request for pain medication by 30%
Decreases the need for a forceps delivery by 40%
Decreases requests for pain medications by 30%
Helps fathers participate with confidence
Increases success in breast feeding
Greater maternal satisfaction

OUR SERVICES

Our Doula service is a way that we can provide a fresh face and a qualified labor assistant at a reasonable cost. Our service is a collaborated effort of several Doulas to provide the best care and balance families as well. Once you consider the cost of an epidural, a doctor, and other items you receive at the hospital, the cost of a Doula is minimal and the reward is more than money can buy.

Birth Doula Package: \$500

1. **Unlimited** labor support continued until at least 1-2 hours after birth.
2. Assistance with **breastfeeding** immediately after birth.
3. Up to **three** Prenatal Meetings for Clients
4. One Postpartum Visit
5. Unlimited phone and/or email support **throughout** your pregnancy
6. A written copy of your **birth story** by the attending Doula
7. Access to **Library** of Books & Videos
8. A **Birth Packet** full of useful tips, local resources and helpful information during pregnancy.

Additional Services:

Birth Consultations: \$50/hr
Postpartum Visits: \$50/hr

All initial consultations are FREE!

Additional charges may apply for in-home visits.

TESTIMONIALS

"We were so blessed to have Melissa at the birth of our first child as she played a vital role in keeping us calm and informed, especially when we hit a few roadblocks. And with such a positive experience the first time, my husband was adamant that Melissa attended the birth of our daughter as well. The second birth was much easier, but her suggestions and encouragement were priceless. The way she interacted with us, the nurses and doctor just put everyone at ease which was critical in our unmedicated births. Melissa as our doula, was an important part of both wonderful experiences."
~Janel & Dale Claremore, OK

"If a doula were a drug, it would be unethical not to use it."

Dr. John Kennel

"I can't thank you enough for your support through the birthing process. You were wonderful. You really helped me have the birth I wanted and I'm not sure if I could have done it without you. I really learned a lot about myself mentally and physically that day."
~Anonymous

"I have to also tell you how wonderful Angela is she was with us for 19 hours. we never could have done it without her. She knew just how to keep me calm and focused through contractions. She kept me busy trying to move things along naturally with ball exercises and different positions. She truly was our guardian angel I could never say thank you enough for all she did. "

~Christi D. Tulsa, OK