

What is a doula?

There are many definitions of doulas, but here is one of my favorites:

“Doulas are sympathetic and knowledgeable labor companions who typically provide some form of prenatal preparation and stay at your side once labor begins until your baby is born. The doula’s job is to make you as comfortable as possible and to reassure your partner as well.” Ina May Gaskin. *Ina May’s Guide to Childbirth* (2003)

My goal is to:

“...help laboring women realize their strength and use their own power to give birth.” Pauline Perez. *The Nurturing Touch at Birth* (1997)

My role will be to provide care that:

- Is non-medical
- Is holistic (pertaining to physical, emotional, spiritual, and social realms)
- Provides information to help you understand your options
- Is continuous during your labor
- Facilitates communication between you and your medical support staff
- Supports a normal physiologic labor without interventions

In today’s society, it can be tricky to have continuity of care throughout your labor, birth, and beyond. Having a doula you trust and are comfortable with (alongside your primary birth partner, if you have one) can help you have a solid team with which to embark on your birth journey.

Why did Koru Therapies expand into offering doula services?

I had a midwife, a doula, and a very close friend at my daughter’s birth in 2013. My birth team made me feel confident in the birthing process and provided me with the best care possible for such an important moment in my life. I realized afterward how lucky I was to have had that care. In 2014, a close friend and his wife asked me to be their doula. This made me realize that I would enjoy providing this type of care to others and help create the best birth experience possible. Following their birth experience, my son’s birth in 2016 was also 100% natural, largely due to the fantastic support I had surrounding me for the experience. I’m honored that you’re considering me to be part of *your* team to help create whatever you are looking for and I look forward to experiencing the journey with you.

What do my services include?

- **An interview.** This is a **free one-hour session** where you can ask me questions and decide if I'm the right doula for you.
- **A prenatal visit focused on your birth plan.** This is a **1-2 hour visit** to talk about what you desire for your labor and delivery.
- **A prenatal visit focusing on massage and movement.** As a massage therapist, I will incorporate massage into our care. I find it useful to have a session for the partners to learn how to massage each other during this transitional time (and beyond). This is a **three hour visit** which will include approximately one hour of massage on you and one hour on your partner. I will demonstrate and then you will try on your partner. We will use the third hour of this visit to work on movements you can use during your labor.
- **A prenatal one-hour visit to discuss breastfeeding** (if interested) and/or any other questions you may have. This is an optional session.
- **Continuous labor support.** Call me when you want me (I will provide you with guidelines on when might be a good time to contact me). I'll stay with you throughout the labor and delivery and up to two hours afterwards. I'll take notes of your birth story to share with you afterward. I will also take photos and videos of the labor and birth upon your request.
- **A postpartum visit.** This one hour visit, generally one week after your delivery, will include a session on infant massage and will serve to answer any other questions you may have.
- **Continuous and unlimited phone/email prenatal and first week of postpartum support** to help you with any questions you may have along your journey.

How much does it cost?

The fee is \$800-\$1000 (sliding scale). A \$500 non-refundable deposit/retainer fee is due when the Doula/Client Agreement is signed. The remaining payment of \$300-\$500 is due at the prenatal visits and can be broken up into payments, if you prefer.