



Welcome to Birth, Bellies + Babies at 889!

Be empowered through your experience of pregnancy, childbirth and the beginnings of your new family! 889's customized and compassionate program is committed to offering you holistic informational and emotional support. Meet other Mom's and Mom's-to-be and be connected to a community!



Doula Care
Pea in the Pod Massage Therapy
Prenatal Yoga

Childbirth Preparation Classes
The Mom-to-be Facial
Postnatal Yoga (with baby!)

889yoga.com

889yoga.com/blog

Doula Services

Contact 889 Concierge at 416.925.7206 to set up your complimentary 15 minute consultation. Our Doulas are here to support you!

What is a doula?

The word "doula" comes from the ancient Greek meaning "a woman who serves" and is now used to refer to a trained and experienced professional who provides continuous physical, emotional and informational support to the mother during pregnancy (pregnancy doula); before, during and just after birth; or who provides emotional and practical support during the postpartum period (postpartum doula).

Studies have shown that when doulas attend birth, labors are shorter with fewer complications, babies are healthier and they breast feed more easily.

A Birth Doula:

- * Recognizes birth as a key experience the mother will remember all her life
- * Understands the physiology of birth and the emotional needs of a woman in labor
- * Assists the woman in preparing for and carrying out her plans for birth
- * Stays with the woman throughout the labor
- * Provides emotional support, physical comfort measures and an objective viewpoint, as well as helping the woman get the information she needs to make informed decision
- * Facilitates communication between the laboring woman, her partner and her clinical care providers
- * Perceives her role as nurturing and protecting the woman's memory of the birth experience
- * Allows the woman's partner to participate at his/her comfort level



Why hire a doula?

Women have complex needs during childbirth and the weeks that follow. In addition to medical care and the love and companionship provided by their partners, women need consistent, continuous reassurance, comfort, encouragement and respect. They need individualized care based on their circumstances and preferences. Doulas are educated and experienced in childbirth and the postpartum period. We are prepared to provide physical (non-medical), emotional and informational support to women and their partners during labor and birth, as well as to families in the weeks following childbirth. We offer a loving touch, positioning and comfort measures that make childbearing women and families feel nurtured and cared for. Numerous clinical studies have found that a Doula's presence at birth:

- * tends to result in shorter labors with fewer complications
- * reduces negative feelings about one's childbirth experience
- * reduces the need for pitocin (a labor-inducing drug), forceps or vacuum extraction and cesareans

* reduces the mother's request for pain medication and/or epidurals



Research shows parents who receive support can:

- * Feel more secure and cared for
- * Are more successful in adapting to new family dynamics
- * Have greater success with breastfeeding
- * Have greater self-confidence
- * Have less postpartum depression

What effects does the presence of a Doula have on the mother?

When a doula is present during and after childbirth, women report greater satisfaction with their birth experience, make more positive assessments of their babies, have fewer cesareans and requests for medical intervention, and less postpartum depression.

What effects does the presence of a Doula have on babies?

Studies have shown that babies born with doulas present tend to have shorter hospital stays with fewer admissions to special care nurseries, breastfeed more easily and have more affectionate mothers in the postpartum period.

Does a doula replace nursing staff?

No. Doulas do not replace nurses or other medical staff. Doulas do not perform clinical or medical tasks such as taking blood pressure or temperature, monitoring fetal heart rate, doing vaginal examinations or providing postpartum clinical care. They are there to comfort and support the mother and to enhance communication between the mother and medical professionals.

Does a doula make decisions on my behalf?

A doula does not make decisions for clients or intervene in their clinical care. She provides informational and emotional support, while respecting a woman's decisions.

Will a doula make my partner feel unnecessary?

No, a doula is supportive to both the mother and her partner, and plays a crucial role in helping a partner become involved in the birth to the extent he/she feels comfortable.





Overview of Birth Doula Services

1. Two prenatal visits in your home (approximately 1.5 hours each)
 - 1st visit (with you and your husband/partner) – a couple months before your estimated due date
 - i. talk about your pregnancy and your anticipation of the birth
 - ii. cover logistical information & provide you with resource information
 - iii. discuss your preferences for your birth experience
 - 2nd visit (with you and your partner, or just with you) – a few weeks before your estimated due date
 - i. find out if anything has changed in terms of your feelings and preferences
 - ii. review breastfeeding technique
 - iii. discuss anything else that we feel we want to talk about before labour
2. Reference material and resources when/as you need them.
3. Ongoing availability by phone and email for any questions or follow-up.
4. I am on call for you 24/7, starting 2 weeks before your estimated due date, and up until your baby is born.
5. Continuous support during labour
 - from the time you would like me to be there - meeting at home or at the hospital
 - throughout labour
 - for approximately 1.5-2 hours after birth (including breastfeeding support)
 - I provide a calm, informed, continuous presence to support you informationally, physically and both of you emotionally. I will help remind you to ask questions that will be useful for you to make decisions. I will assist your husband in supporting you and protecting your space.
 - I am always there to "mother the mother" no matter what is going on
6. 2 postnatal visits in your home
 - 1st visit (a day or two after birth)
 - i. to check in and keep a continuity of care
 - ii. provide information or help arrange outside resources
 - 2nd visit (a week or two after birth) - revisit and process the birth experience
7. A birth story developed from my memory, yours, and your partners, for you to keep and share with your baby one day.



FEES

My fee for the services described above is **\$1300.00** (plus HST). The fee is to be paid as follows: **\$500** (plus HST) as a retainer fee, due when you sign the contract. 889 Yonge Inc. will charge the remaining balance of **\$800.00** (plus HST) to the credit card on file within 2 weeks of the birth.