

Also available...

Yoga for Labor:

A peaceful retreat for your mind, body and spirit as you prepare for the birth of your child. In each 90-minute, private, in-home session, you will learn various movements, breath exercises, and sound vibration meditations that facilitate relaxation during labor. Designed for all levels and abilities, techniques and practices are adapted to meet your personal needs as you prepare for labor. No experience required!

Breastfeeding and Newborn Care Class

Group or private in-home classes available

- Benefits of breastfeeding for baby and mother
- Getting breastfeeding off to a good start
- Reading baby's feeding cues and keeping baby calm and nursing well
- Positioning for optimal feeding and a pain free latch
- How to tell if baby is getting enough milk
- Preventing and reducing breast engorgement
- Discussion of manual and electric breast pumps
- Techniques for successful pumping, storage and use of pumped breast milk
- Normal sleep patterns and safety; guidelines for safer infant sleep
- Typical newborn feeding and elimination routines/ patterns
- Discussion of vaccines, circumcision and parenting choices

Postpartum Breastfeeding Counseling

All doulas serving Birth Partners' clients are trained to help new mothers breastfeed, however when more specific help is needed, or if difficulties arise, Breastfeeding Counseling is a welcome addition to our services.

- Breastfeeding evaluation in client's own home
- Individualized breastfeeding support, education, and resources
- Guidance in avoiding or overcoming common breastfeeding challenges
- Referrals when appropriate

Gift Registry

Birth Partners services make the perfect gift for any new or expectant family! Family, friends, and co-workers will enjoy providing you with a gift that makes a real difference! Please call or email for more information or to register.

About Birth Partners LLC

Janet Hall began Birth Partners in 1990, after the birth of her children inspired her to help families have positive birth experiences. She was the first doula in Connecticut and the 17th in the U.S. to be certified through Doulas of North America (DONA) and has served as a member of the Advisory Board for The Birthplace at St. Mary's Hospital, and State Representative for DONA.

In October, 2011, Janet received the Midwifery Community Award from the Connecticut Chapter of the American College of Nurse-Midwives, recognizing her "for the facilitation of midwives in caring for women in the midwifery model of care through education and support of childbearing families and the promotion of midwifery in our community". She was also honored with that award in 2008 and in 2000 was the recipient of the Community Achievement Award from the National Association of Childbearing Centers.

While Janet no longer is an active doula herself, she mentors each of the doulas serving Birth Partners' clients personally, and continues to teach Birth Partners' comprehensive private in-home and group childbirth education classes. Janet is a well-known speaker on childbirth, VBAC, and other related topics and speaks with each prospective client personally, matching her with precisely the right services and doula for her specific needs.

Each doula serving Birth Partners clients is carefully chosen for their skill, professionalism, and commitment to supporting families during pregnancy, birth, and the postpartum period.

Birth Partners offers intensive doula training and continuing education, far beyond the normal certification process, to provide the highest quality of care to each client. In May 2011, Birth Partners' exemplary training program and standards of excellence were cited in a thesis published in the Yale School of Nursing library ("Birth Doulas: Luxury or Necessity").



Birth Partners

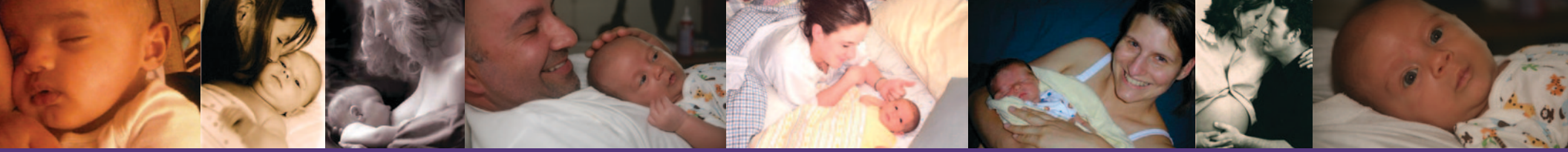


SERVING WOMEN AND FAMILIES
IN ALL OF CONNECTICUT, AS WELL AS
WESTCHESTER COUNTY AND
SPRINGFIELD, MASSACHUSETTS
SINCE 1990

Birth Partners

203.375.9963

WWW.BIRTHPARTNERSDOULAS.COM



Pregnancy and Birth Doula Services

During Pregnancy:

Expert matching of client and doula, personalizing the service to your specific needs

On call, and available to you, 24 hours a day, from the time you contract with us

In-home doula visits (average of three, two-hour visits)

Emotional support

Identification of comfort measures and roles

Information, including assistance writing birth plan (if desired)

Benefit of Birth Partners' reputation, resources, and experience

Closure to prior birth experiences

During Labor and Birth:

Emotional and physical support at home, continuing at your birth place

Assessment of progress of labor at home

Suggestions for timing your arrival at your birth place

Explanation of options and practical suggestions to partner

Massage technique, relaxation, and comfort measures

Advocacy

In-hospital support for induction, cesarean, or complications

Average one and a half hour stay following birth, including breastfeeding assistance (if applicable)

During the Postpartum Period:

Phone contact as needed

Resources and information

Reinforcement of accomplishments in labor, birth, and parenting

In-home doula visit – a time to reconnect and celebrate your new family! (optional)

The support of a professional doula also improves breastfeeding outcomes and decreases postpartum depression.

We may also provide sibling support services at home or in the hospital/birth center for families who need on-call care for an older child during labor and birth.

Postpartum Doula Care

A postpartum doula is a woman who nurtures and supports the new family during this very special time—the birth of a new baby. In the comfort and security of the client's own home, the doula helps ease the transition the family may be experiencing through individualized care, encouragement, and practical information.

We assist by allowing the new family to rest and care for their baby or providing an “extra set of hands” when necessary. Most importantly, postpartum services are geared toward each client's individual needs and are as flexible as they need to be to provide each family with precisely what they need to make a smooth transition to parenthood.

Research has shown that direct support in the home plays a role in decreasing postpartum depression and increasing the commitment to breastfeeding.

Our family-centered, in-home postpartum care includes:

Emotional support during the transition to parenthood

Education, including breastfeeding assistance and support (if applicable)

Bathing, diapering and cord care

Light housekeeping and meal preparation

Errands and grocery shopping

Sibling support and activities

Care of multiples (if applicable)

We also provide “first night (or day) home” postpartum care, helping the new family transition in the first hours at home with their new baby.

Prenatal bed rest, overnight care, and specialized care of multiples are also available.

Clients with ConnectiCare health insurance may receive up to 16 hours of paid postpartum care! Please contact ConnectiCare for your specific benefit.

Childbirth Education

We believe our group and private childbirth education programs are the best offered anywhere! Our comprehensive courses embrace our philosophy that with knowledge and support, couples can make the best and safest choices for themselves and their families. We bring years of actual birth experience to each class, offering couples a unique and honest perspective.

Each session includes discussion of:

- Prenatal nutrition and exercise
- The natural process of labor and evaluating its progress
- Timing your arrival at your birth place
- Relaxation techniques and “coaching”
- Coping with pain and fear of pain
- Overcoming cultural messages
- The emotional and physical aspects of labor, including stages of labor
- Birth options and birth place protocols and procedures

Limited in size, our group classes focus on each individual's needs and desires for birth, not on rigid “methods”. As a result, they are appropriate for couples planning to birth at home, in a birth center, or in a hospital!

Busy lifestyle?

Birth Partners offers private, condensed sessions too! Held in the comfort of your own home, on a weekend, weeknight or weekday, our private class is customized for your specific needs. Some couples find that they need education in addition to what they may have already received, or if this is not a first baby, they may want a refresher class. We work with you to insure you have the information, knowledge, and comfort you need to create the birth of your choice.