

## ALSO AVAILABLE...

### Fit for Birth

In home individualized prenatal fitness, for every fitness level

- Labor training, breathing techniques, pelvic floor awareness and strengthening
- Core building to strengthen and help protect mom and baby
- Enhancing muscular strength and endurance for birth
- Methods to address diastasis recti, round ligament pain, hip discomfort and sciatica
- Postnatal preparation, fitness and wellness

### Healthy Pregnancy Nutrition Coaching

Our individualized nutrition plans designed to create healthy habits and enrich your routine and lifestyle for a nourished, healthy, happy pregnancy. Healthy mama = Healthy baby = Healthy Postpartum!

- Assessment & personalized plan to support reaching your goals
- How nutrition shapes & enriches pregnancy, birth & postpartum
- How to easily integrate foods and healthy changes into your life
- Introduce new relevant health & nutritional information
- Preparing for postpartum nutrition

### Breastfeeding/Newborn Care Options Class

- Techniques to keep 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
- Techniques for successful pumping and storage
- Normal sleep patterns and safety
- Typical newborn feeding and elimination routines/patterns
- Birth place procedures
- Bathing, diapering, and baby wearing
- Vaccines, including state laws, traditional and alternate schedules
- Circumcision, umbilical cord, and placenta

### 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.

We also offer [Placenta Encapsulation!](#)

## ABOUT BIRTH PARTNERS LLC

Janet Hall Padgett 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").

### Ever considered becoming a doula?

We'd love to talk with you!

Email us at [info@birthpartnersdoulas.com](mailto:info@birthpartnersdoulas.com)

*Birth Partners*

203.375.9963

[WWW.BIRTHPARTNERSDOULAS.COM](http://WWW.BIRTHPARTNERSDOULAS.COM)



SERVING WOMEN AND FAMILIES  
IN ALL OF CONNECTICUT  
SINCE 1990

# 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



Held in the comfort of your own home, on a weekend, weeknight, or weekday, our private class is customized for your specific needs for birth, not on rigid "methods". Your class is designed specifically for you, based on your preferences, and chosen care providers and birthplace. As a result, our sessions are appropriate for those birthing in a hospital, birth center, or home.

Alternatively, we offer a live, interactive online class session. The instructor facilitates each class with the clients in "real time", the outline carefully prepared with the same personalized criteria as the in-home session.

## ***Both in-home and online sessions include:***

- The emotional and physical process of labor and evaluating its progress
- The partner's perception, experience, and roles
- A detailed discussion of birth options and birth place protocols and procedures
- Coping with pain, fear of pain, and cultural messages
- Expectations vs reality of labor and birth

We bring more than 25 years of actual birth experience to each class, offering a complete, unique and honest perspective. Enjoy!

## Relaxation for Labor

### *In home sessions include:*

- Breathing techniques to help improve body alignment, nutrient uptake, remove toxins
- Meditation and mental imagery
- Movements for discomfort in pregnancy and labor
- Training and practice of positioning including use of the birth ball for labor and birth