

# Having a DOULA gives you More Power & Control

## Enter (cue the music) THE DOULA!!

*(Okay, so a doula is more—so much more—than the Riker to your Picard during labor and delivery. She does not simply “have the Bridge, Number One” as you go, er, Number One.)*

*But, in many ways, the Doula is your Riker. Your back-up. Your support. The Doula provides emotional support; suggests and uses different techniques such as breathing, relaxation, movement and positioning to aid in labor and delivery; provides information to mom and dad throughout; helps mom (and dad) become informed about various birth choices; provides an advocacy voice for mom and acts as a liaison between the mother and the care provider; and—beautifully, wonderfully, thankfully— provides reassurance and comfort to the mother (first and foremost) but also to dad or partner.*

*(To dad? Mr. I-Knocked-Her-Up? Mr. I Don't Need No Steenking Support?)*

*Remember how tired you are now on information overload? Add hours of labor, pained moans and groans (hers, not yours), hip pressing, watching and hearing vomiting (don't worry, it may happen, but that's okay). So, it's fine to admit it a bit of support would be nice.*

*But why is she wanting a doula? Does she not believe in you? Does she think you don't have what it takes? Have you failed already?!? NO. Absolutely not. Birthing is one of the most beautiful, miraculous, and terribly difficult things she will ever experience. Thing is, the birth experience goes far beyond pushing a person out. It's not simply physical.*

*Birth—labor and delivery—is extremely emotional for mom. Any hang-ups—guilt about not asking mom to be there, unhappy that the nursery isn't quite finished, sad that the perfect “first outfit” was never bought—all of these things can throw a wrench into the incredible machine that is her body and make getting baby from there to here more difficult. And that's not even figuring in time! What if she goes into labor at 1 AM after you've just gone to bed and had a terribly long day beforehand? And what if labor then lasts for hours...and hours...and hours?*

*Doulas are trained for this. They are prepared, ready, willing, and able to be right at mom's side for the duration of the journey. They are the Superman, Wonder Woman, and (insert favorite comic character here) of the birthing team. They are the Gatorade, the Powerbar, the fire hose at mile 9-for mom AND for you. They summon up a tremendous energy and ability to help everyone stay focused, positive- minded, and as comfortable as possible as baby makes its way from womb to world.*

**How Does Oh Baby Mine fit into all of this? Oh Baby Mine is a service that provides support for Mom, Dad, Grandma, whoever needs support or some questions answered during the journey. We are a strong combination of the professional lactation support at the hospital with the pain relieving, endurance motivating Doula. A Doula can be that extra person that can be the bridge between what is happening to this wonderful woman (she is screaming in agony) and the man that thought this wouldn't be that difficult. I will explain how normal & natural “this” is as it's happening. I will be able to ease the pain & stress that comes along with labor & delivery. I will be the person that calms your nerves during that first latch right after baby is born & making sure that feeding is going great before leaving you to enjoy your new baby.**

**To schedule an appointment for an interview or to get a consultation please call 815-988-4292**

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**Find our website: [www.ohbabymine.net](http://www.ohbabymine.net)**

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**Lisa Kehoe is a board certified lactation consultant, a labor & postpartum doula**

