

Supported Birth

Doula Services

Lamelle Ryman, Doula

My role as a doula (an ancient Greek word meaning “woman’s servant”) is to provide you with support during pregnancy, childbirth, and the immediate postpartum period. As your doula, I will provide the following:

Starting now

- Ⓢ Two pre-natal visits to discuss your personal history, talk about your birth preferences, and practice techniques for relaxation and coping with pain. Additional pre-natal visits are available upon your request.
- Ⓢ I am available to research topics related to your pregnancy or birth and provide you with balanced information from reputable sources.
- Ⓢ I am available to accompany you to scheduled pre-natal exams and/or attend childbirth education or other pre-natal classes with you.

Starting two weeks before your due date

- Ⓢ On-call 24 hours a day
- Ⓢ One “relaxation session” at your home, which can include aromatherapy, shoulder and head massage, and relaxation exercises.

When you are in labor

- Ⓢ Continuous emotional support for you and your partner once active labor has begun
- Ⓢ Comfort measures to enhance your natural ability to cope with the pain of childbirth, including massage and other skin nourishment, positioning, movement, aromatherapy, birth ball, guided visualizations, tandem breathing, application of heat or cold packs, and hydrotherapy.
- Ⓢ Photographs of your labor, birth, and newborn
- Ⓢ I will arrange for a backup doula in case of emergency or in case I have already planned to be out of town during the two weeks before and two weeks after your due date.

After you give birth

- Ⓢ Support during the initial postpartum period, for about one hour after the birth, until you are comfortable and your family is ready for quiet time together.
- Ⓢ Support for initial breastfeeding and referrals to lactation consultants if needed.
- Ⓢ One postpartum visit so that I can review your birth, admire your baby, and get feedback from you about my role as a doula. At this time I will provide you with photos from the birth, as well as a written record of your labor and birth.
- Ⓢ On-call to provide information about your birth and emotional support by telephone up to two weeks after your birth.