

WHAT IS A DOULA!?

A birth doula is a trained and experienced (non-medical) professional who provides continuous physical, emotional, and informational support to the mother before, during, and just after birth. A Doula supports you and your partner by providing the knowledge, comfort, and education necessary for fulfilling your birth experience. The following techniques may be used but not limited to:

- massage
- breathing techniques and vocalization
- assist in finding your Rhythm, Relaxation & Ritual
- counter pressure
- visualization
- relaxation
- tools for comfort,
- positioning & other fundamental materials needed for mothers.
- education and advocacy

Doula support, gives mom's partner a greater sense of relaxation, and therefore an increased ability to care for the mother-to-be on an emotional level.

***Making Her Journey Beautiful:
Before, During, and After Pregnancy***



Bump. Baby. Bliss. **Certified Birth Doula and Breastfeeding Peer Counselor**

Serving surrounding areas & states
Currently located in Greensboro, N.C.

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www.BumpBabyBliss.com



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*Making her journey beautiful: before,
during, and after....*



YOUR DOULA!

Hey, I'm Courtney! Owner of Bump.Baby.Bliss. Doula Services. I am a Master Level social worker in Greensboro, N.C. a certified birth Doula by D.O.N.A. and a certified Breastfeeding Peer Counselor. I am also a PROUD mother of two intelligent, handsome, amazing boys; named "Super Jack" and "Juice".

Before giving birth to my first son, I had a strong passion for maternal health. Now, after having two amazing pregnancies, one birth (without a much needed doula), second with a doula and TWO successful breastfeeding journeys. This journey has enhanced my passion and desire to assist and support other women and their families. I want women to experience a successful transition from pregnancy to motherhood.

I have successfully assisted several families with educating and guiding them through labor and delivery. My services are also very helpful to soon-to-be-fathers. They acknowledge that I can be a major asset to their wife/partner's labor and birthing journey.

WHY HIRE ME?

Being pregnant is such an exciting time! It's a journey you don't ever want to forget. Some times labor can cause lots of anxiousness, anxiety, worries, doubts, etc. Let me help you make this experience memorable. During labor do you want to feel in control, confident, relaxed and knowledgeable about what's going on?

Having a **Doula** by your side gives you and your partner, relief, support and knowledge before, during, and after your baby's *birth-day*. I support you and your choices, assist with breastfeeding jitters and ensure you that you CAN do this!

BENEFITS:

Clinical studies show the benefits of working with a birth doula include:

- 50% reduction in cesarean rates
- 25% reduction in the length of labor
- 60% reduction in the rate of epidural use
- 40% reduction in the need for forceps
- higher breastfeeding rates

Other benefits include:

- higher levels of confidence in partners as coaches
- increased maternal sense of satisfaction in the birth
- overall sense of well-being following delivery

*Studies have shown that when Doulas attend birth, labors are shorter with fewer complications, babies are healthier and they breastfeed more easily.

Bump.Baby.Bliss. also known as Triple B provides: Birth Doula Services to adults & teens| Breastfeeding Peer Counseling| Support Groups| Prenatal Needs| Waist Beads & more

SERVICES/FEES PROVIDED

- Triple B- Birth Support & Prenatal Package \$750
- On-Demand Birth Doula Service-\$850.00
- Breastfeeding Support Package- \$25/hour

A la Carte or Stand-alone Services:

- Belly/ Waist Beads- \$15-\$25
- Meal Train Setup - \$20
- Additional Prenatal Meeting -\$50
- Private Prenatal Breastfeeding Class -\$35

*Discounts are available for Guilford County School employees and teenage moms**

For more information these services please visit www.BumpBabyBliss.com

***\$50 CONSULTATION Fee**



Assist with latching, positions, natural remedies to increase milk supply, emotional support, and advice for supporting family members.