



**Dolphin
Doula**

Creating better birth experiences for Bay Area families

Birth and Postpartum Doula Info Packet, Services and Fees



Prenatal Yoga and Fitness



Doula and Birth Support



Childbirth Education

www.dolphindoula.com
info@dolphindoula.com

The Dolphin Method™

Dolphin Doula offers a unique experience for pregnant women to get in touch with their bodies and learn about their individual potential for coping with and enjoying their pregnancy, childbirth and transition to motherhood.

For the laboring woman we offer our Dolphin Method Doula Services, designed to enhance the joy of birthing by creating a safe and caring environment, implementing our unique birthing techniques, and providing you with informational and physical support. As a cornerstone of our doula care, all Dolphin Doulas are trained in the Dolphin Method Hypnosis for Childbirth; a series of techniques pioneered by Jennifer Wolfe.

Dolphin Method Hypnosis for Childbirth is a very powerful tool in helping to create a positive pregnancy, labor and delivery. By inducing a deep state of relaxation you are able to lessen the fear and anxiety of the birth experience thereby improving your overall sense of well-being and security.

Hypnosis for Childbirth helps the pregnant woman adjust mentally and physically to the dramatic changes happening to her body and life. By practicing deep relaxation through self-hypnosis, the expectant mother strengthens her bond with baby that helps facilitate parent-infant attachment after birth.

Hypnosis for Childbirth can be used for virtually any pregnancy related “ailment” and is particularly effective with:

Anxiety/ Fear	Fatigue/ Sleeplessness
Pain Management	Morning Sickness
Headaches	Stress/ Tension

Everyone who signs up with for doula services will receive a hypnosis download to help prepare for labor. This recording contains two programs; a 12 and 40 minute hypnosis induction that guides you through a deep relaxation. Used daily, the recording can help you learn to relax your mind and body so that a relaxed state becomes second nature, and your pregnancy and birth experiences are positive and empowering.

The Birth Doula and the Partner

How they Work Together to Help the Birthing Woman

Q: What is a Doula?

A: Doulas accompany women in labor to help ensure a safe and satisfying birth experience. They provide emotional support, physical comfort, and facilitate communication with the medical staff to make sure laboring women have the information necessary to make educated decisions during childbirth. They provide reassurance and perspective to the laboring woman and her partner, making suggestions for labor progress, and assisting with comfort techniques including relaxation, massage, positioning, and touch. A doula is independent and works for the laboring woman, not the caregiver or hospital.

Q: Why have a Doula When You Have Taken Childbirth Classes and Have a Partner Who Will Be With You Throughout the Birth?

A: The doula may be the only other person at the labor beside the partner who is there solely for the emotional well-being of the woman. The doula is there from the beginning to end of labor and delivery, sometimes that means going to the woman's house and following her to the hospital when labor begins. The nurse, doctor, or midwife have other responsibilities and priorities that compete with the emotional needs of the woman, for example, breaks, shift changes, clinical responsibilities, office hours and hospital policies. The doula has few or no other priorities. She stays through shift changes, and until after the baby is born. She is not just another stranger with the couple. The doula knows the couples' wishes and can assist in implementing them.

Q: Will the Doula 'Take Over', Displace the Partner and Interfere With Their Intimate Experience?

A: The doula can actually help to make the couple closer. By making sure that the partner's needs are met (food, drink, occasional back rubs, and reassurance), the woman and partner can work more closely together. The doula allows for the partner to participate at his or her own comfort level. The partner may or may not want to be the major source of emotional support for the woman.

If the partner wants to be the major source for emotional support, the doula can supplement his or her efforts by running errands, making suggestions for comfort measures, helping to clarify information given by the medical or hospital staff, offering words of reassurance and comfort and give the partner breaks during long labors.

If the partner is uncertain about his or her role or feels unsure about being able to comfort the woman, the doula keeps him/her involved and helps guide him/her through the process, telling him/her what to expect at each stage while it's happening and together they meet the needs of the woman. In some cases, the couple wants the doula to take the lead in supporting the woman, in which case the partner would play an important secondary role (holding her hand, supporting her in position changes, timing contractions, massaging her, etc.). In other cases the doula and partner share the responsibilities and trade off being the primary support; this gives the partner breaks to call relatives, eat, sleep, etc. The doula recognizes that the partner knows more about the woman's personality, likes and dislikes, and needs while the doula probably knows more about the birth process, hospitals, and maternity care. Together the partners and doula along with a competent, considerate and caring staff give the woman the best chance for an optimal outcome.

Q: Does the Doula Impose Her Own Beliefs About How the Birth Should Go on the Couple?

A: The doula's only agenda is to help ensure that the woman's or couple's agenda (birth plan) is acknowledged and followed as much as possible. If the doula is thoroughly familiar with the couple's wishes, she may actually think more about it than the couples, especially when labor is intense and things are happening rapidly. The doula helps with the decision-making by asking questions that will ensure the right information is given to the woman or couple so that they can make informed decisions. She may also suggest alternatives (like waiting a while or changing positions) for the couple to consider. She does not, however, make decisions for the couple.

Q: When Do I Contact the Doula?

A: We prefer you call us when you think you are in labor, even if you do not yet need support. Contacting us early in labor allows us the opportunity to answer questions you may have, provide phone support when appropriate, and prepare for your birth experience.

Q: What Happens After the Baby is Born?

A: We will remain with you for approximately one hour after birth, until you are comfortable and your family is ready for quiet time together. We can also help with initial breast feeding, if necessary and desired. Dolphin Doula will provide a postpartum visit one to two weeks after the birth to assess how you are doing, review the birth, admire your baby, and get feedback on the doula's role.

In summary, the doula helps make the birth experience as rewarding and satisfying as possible. As one father said, "I heaved a big sigh of relief when she (the doula) walked in. I hadn't realized how much pressure I had been feeling. She not only calmed my wife, she calmed me down."

~ Excerpts taken from a handout by Penny Simkin, P.T.

The Postpartum Doula Mothering the Mother

Q: What is a Postpartum Doula?

A: A Post-partum Doula's role changes from day to day, as the needs of the family change. Post-partum Doulas do whatever a mother needs to best enjoy and care for her new baby. A large part of their role is education. They share information about baby care with parents, as well as teach siblings and partners to "mother the mother." They assist with breastfeeding education. Post-partum Doulas also make sure the mother is fed, well hydrated and comfortable.

The role of the postpartum doula is fluid. An important part of her role is to come alongside the parents and together decide what type of support they will need. Some families need educational support: breastfeeding, infant support, and how to care for the new mother. Others rely more on the non-judgmental emotional support that the postpartum doula has to offer. Still others have more practical needs - like feeding the family and running errands. Most families find that their doula provides all of these things, according to the needs that develop, as well as the ever-important communication between the doula and her clients.

Q: Why Should I have a Postpartum Doula?

A: Research by experts tells us that new parents who have support and feel secure and cared for during this time are more successful in adapting than those who don't. Studies have shown that cultures in which women are cared for by others for a defined period of days or weeks and are expected only to nurture themselves and their babies during that time have superior outcomes in postpartum adjustment. We know that women who experience support from their family members, care providers, counselors and peer groups have greater breastfeeding success, greater self-confidence, less postpartum depression.

There is also evidence indicating that timely referrals to competent, appropriate professionals and support groups can have a significant positive outcome for the family. Parents benefit from education on what to expect from a newborn, baby-soothing skills, feeding, bonding and attachment and coping skills. Rather than being told to "help out", partners and other family members benefit from concrete instruction and role modeling on how to support a woman during the weeks after birth. Research tells us that support for and from the partner can have a significant impact on their partner's own experience as well as the emotional adjustment of the mother.

Q: What Will a Dolphin Postpartum Doula Do?

- Provide hands on education on infant and mother care
- Come alongside the parents and help them to get to know the abilities and talents of their new baby
- Create a nurturing, restful atmosphere in which parents may eat, shower and nap
- Prepare nutritious meals
- Play with older children and offer suggestions for how to integrate the new baby into the family
- Spend time with the baby, allowing parents to cuddle and have quality time with older children or just be alone together
- Introduce parenting tips, helping parents to learn skills that will enable them to cope with their new responsibilities
- Screen for hurdles such as breastfeeding challenges or postpartum mood disorders
- Make referrals to any local or informational resources that the parents might need
- Help to organize the nursery and home
- Take care of the baby's laundry
- Offer a non-judgmental ear

**Q: How long does a Dolphin Postpartum Doula Spend With my Family?
What Hours Can I Expect Her to Work?**

A: Doula support can last anywhere from one or two visits to up to about three months. Some doulas work fulltime, with 9 to 5 shifts. Others work three to five hour shifts during the day, or after school shifts until Dad gets home. Some doulas work evenings from around 6 pm until bedtime, 9 or 10 pm., and some work overnight. Some doulas work every day, some work one or more shifts per week. As you can see, it is about meeting your needs. A postpartum doula needs to be flexible and adapt to the needs of the family.

Q: When do You Contact Your Dolphin Postpartum Doula?

A: You will call your doula when you think you are in labor. Once your baby is born, we can then determine the day you wish her to start. We are available to you via phone or email at any time before or after the delivery of your baby for questions regarding post-partum care.

Q: What is the Difference Between a Postpartum Doula and a Baby Nurse?

A: The role of a postpartum doula is to help a woman through her postpartum period and to nurture the family. Unlike a baby nurse, a doula's focus is not solely on the baby, but on fostering independence for the entire family. The doula is as available to the father and older children as to the mother and the baby. Treating the family as a unit that is connected and always changing enables doulas to do their job: nurture the family.

Q: How do Postpartum Doulas Work With a Mother's Partner?

A: A doula respects the partner's role and input, and teaches concrete skills that will help the partner nurture the baby and mother. The doula will share evidence-based information with the partner that shows how his or her role in the early weeks will have a dramatic positive effect on the family.

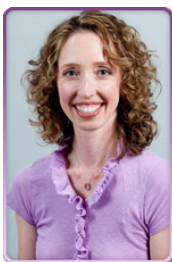
By mothering the mother, doulas makes sure that the mother feels nurtured and cared for, as well as making sure she is eating well and getting enough sleep. In addition, postpartum doulas are trained to help clients prepare themselves for parenthood, maximizing support and rest.

What Postpartum Doulas do not do:

- Perform clinical tasks.
We are there to provide only physical comfort, emotional support and advocacy.
- Make decisions for you.
We will help you get the information necessary to make an informed decision.

If we are there to help in the hospital, we will not speak to the staff instead of you regarding matters where decisions are being made. We will discuss your concerns with you and suggest options, but you or your partner will speak on your behalf to the clinical staff.

Dolphin Doulas: Peninsula Team



Melissa Edling

The birth of Melissa's first daughter was an empowering and life-changing event. The support she received from doula and mentor, Jennifer Wolfe, inspired her to provide the same support to other laboring women. As a Certified Dolphin Method Doula and Childbirth Hypnotherapist, Melissa is committed to her true passion. This passion and dedication is what prompted her to become the managing partner of the company's doula service practice in 2011.

Melissa believes a woman's childbirth experience is most powerful when combined with the physical, informational, and emotional support of a doula. She respects the unique characteristics of each woman, recognizing that each individual will have their own concerns, fears, and/or goals. As such, Melissa is committed to providing non-biased support to all types of births.

Melissa is a long-standing resident on the Peninsula. She attended the University of California, Davis attained a degree in Managerial Economics and previously worked in the real estate valuation industry. Melissa and her husband Jason have two amazing daughters Reese and Zoe. In her free time she likes to read, bake, dance, decorate and spend time with family and friends.



Katie Comfort

A native of San Mateo, Katie resides in Redwood City with her husband and is a mother of two little ones. Katie received her doula training from Jennifer Wolfe's Dolphin Method, which encompasses standard doula practices with added hypnotherapy techniques. She is also a certified Childbirth Hypnotherapist through the Palo Alto School of Hypnotherapy.

Katie decided from her own birth experiences to pursue guiding and empowering other women through birth. She knew she wanted to help other women with their birth experiences when she was able to listen and be of emotional support for her ante-partum roommate through a difficult and frightening moment in the hospital. Through training and experience she has found that providing information and guidance for the woman (and her partner) in order to help them feel prepared for childbirth before and during labor helps to melt away the fear that our culture has come to associate with hospitals and childbirth.

Katie has a BA from Miami University of Ohio and has been working in the business world up until current.



Katriona Seevers

Katriona Seevers is happy. Married to her best friend and mother to three precocious, wonderfully monstrous children, she can only describe her work as a Doula and Childbirth Hypnotherapist as the icing on top of a life filled with love and wonder.

Supporting women and their families during the most transformative parts of their lives is the most rewarding work she could ever have hoped to find. Kat feels she will never tire of welcoming new folk to the Earth, seeing women morph into mothers before her very eyes, and watching new families be born. It is very important to Kat that you have the best birth experience possible, and she is tickled pink to be able to assist you on your own personal journey.

As for those jelly stains on the couch and unauthorized haircuts given to family pets...well, on that you're on your own and she sympathizes.



Jody Simon

Jody, originally from San Mateo, moved to France at the age of 18 and married a Frenchman. During the nine years she lived there, she gave birth to their first child. She moved back to the United States and has remained in San Mateo for the last 14 years and is now a mother of three.

Jody understands the "joie de vivre" because she lives it every day. She and her husband are raising their three children in a bilingual (French/American) household. They strive to teach their children self-love, to follow their dreams, and the sky is the limit. She has always had the passion to be of service. After being introduced to the profession, she discovered being a doula encompasses everything she loves to do; encouraging, guiding and supporting others. Her calming presence is one of her greatest assets treasured by clients.

When she received her doula training from Jennifer Wolfe's Dolphin Method, she discovered that connecting, nurturing and empowering women in birth resonated with her heart. She maintains her being with meditation, exercise, music, and a positive attitude.

Dolphin Doulas: East Bay Team



Susan Cortez

Susan is a Childbirth Instructor, a Childbirth Hypnotherapist, Reiki practitioner, and Birth and Postpartum doula. To keep up with the continual changes within the world of pregnancy, birth, and parenting, she attends pertinent trainings, workshops and talks whenever possible, as well as reading current literature.

The birth's of her two children, son Jeremy now 13, and daughter Angela now 15, were incredibly positive, life-changing events, and were the initial inspiration behind Susan's choice to pursue a career in this field.

Susan has been teaching childbirth preparation classes, and attending births as a Birth Doula for over 10 years, and has assisted hundreds of women, couples, and families to have a more empowered and positive birth experience. In the past year, Susan became certified as a Dolphin Doula, and is very excited to add the dolphin skill set. The dolphin method, in connection with her extensive knowledge, personal and professional experiences, intuition, and passion allow her to serve birthing families now even more effectively!

Susan is open to, and enjoys working with, the diversity of families that the Bay Area offers, interacting with each family in a welcoming and supportive way.

Occupying her time aside from her work, Susan is back in school studying to attain her B.A. in Psychology, enjoys daily exercise, reading, painting, dancing, writing, spending time with family and friends, and experiencing all the good life has to offer.



Cindy Curry

Cindy was trained by Working Woman Productions in June of 2006 with Felicia Roche. As a certified doula through DONA, she gained her experience by providing labor support to a variety of women including young teens to 30 years and older. She is a postpartum doula helping new families and growing families with the challenges that come with a new baby and help to make the transition easier. Cindy has received her Childbirth Hypnotherapist certification, taught by Jennifer Wolfe through the Palo Alto school of Hypnotherapy. Cindy also is currently a Masters of Psychology MFT student at Argosy University in Alameda.

Cindy is a mother to three naturally birthed and all breastfed children and continues to nurture and support their growing curiosities.

The compassion Cindy shows to each and every woman she comes in contact is self evident. Her ability to listen to the needs of her client and her clients partner is an important part in supporting the couples needs when preparing for the birth and labor. Showing support and compassion for every woman who wishes to experience her birth with the love and support she deserves, is Cindy's ultimate goal.



Natalie Theil

Natalie is a Certified Dolphin Doula, a Certified Childbirth Hypnotherapist, a Relationship Coach, and is currently enrolled in the Instructor Certification Training Program for Hand and Hand Parenting in the Bay Area. In short, her passion revolves around all intimate aspects of the family. She works with families of all forms and expressions, and loves the work of being present and offering support for people moving through major life and family transitions; namely, childbirth. Just like all families and relationships are different, every childbirth experience is completely unique, and she is dedicated to specializing care for each woman and parent-to-be so they can have a better birth experience.

Her path to becoming a doula herself began with the gift of having a doula attend the birth of her son, giving her first hand experience of the amazing support services a doula can provide. Since becoming a Certified Dolphin Doula she now has the opportunity to continue the work that was so meaningful for her: helping women have a positive and empowered birth experience, however that may look for them.

Natalie currently lives in the East Bay Area with her partner and two sons, tending to a small urban farm in their backyard.