

Saddlepeak Birth

Myths about me as your doula....debunked!

- **You will interfere with the bond between you and your partner during labor**
I have been trained to facilitate involvement between you and your partner. I am present to help the partner be the best they can be as your support system. I am present so that your partner can talk to me about questions and concerns, so that you are left free to do what you need to do... labor!
- **You will take the place of my partner during labor**
I am there to be another set of hands because birth can be a lot of work, and it is always good to have a team! Your partner and I can work together in order to help you work through contractions if two people are needed for the position or pain relief technique. I am also there to stay with you if for some reason your partner has to leave the room. I am a support person for both you and your partner.
- **If I have a midwife or a nurse...I don't need a doula**
I am there for you every day through your pregnancy. I am your sounding board and your information center between prenatal visits with your midwife. I will be available to meet you in your living room to support you during early labor (most midwives will meet you later in labor). I am emotional, informational and physical support
- **You will protect me from the hospital staff**
I am your advocate. As your advocate, I want you to have the birth you desire. I work with you during your pregnancy, so that you know what is coming and can make the hard decisions before you are under pressure. I want you to know in detail what your desires and wishes are. I work with you beforehand during your pregnancy to find your voice. I want to know your heart surrounding your birth and postpartum journey. I help you stick with your plan as much as is possible during your labor and birth. I am there to cheer you on and remind you about the choices we discussed prior to the labor process.
- **You will be my voice during labor**
I want you to go into your labor process armed with information to make informed decisions for you and your family. I do not confront the hospital staff, but rather, allow you to advocate for yourself by arming you with information. Once you have the information on your side, you can make confident choices. I cheer you on, I am your advocate, and I support you through the labor and birth you desire. I am not your voice.
- **I can't afford to hire you.**
I want every woman to have the birth that they desire and dream about. If hiring me is part of that picture than I want to work with you to make it possible. I am open to working with moms on payment plans, so that they can break the fees down into reasonable chunks. If we are meant to work together then we will make it happen!
- **If I hire a doula I have to do birth without drugs**
Your birth journey will be unique. You make your own choices. I never judge anyone because of a decision they make for themselves. I empower you to make the decisions that are best for you and your family. I will not force you into doing anything. I am present to help you, encourage you, and empower you. If using medication is one of the tools that will make your birth experience positive, then I will empower you to make that decision for yourself.
- **You will help me make medical decisions**
I do not make any medical decisions for you. It is my job to make sure that you go into your birth with the information you need to make confident decisions. I never want you to feel lost, confused, scared, or uninformed. I will give you the pros and cons of medical options. I will answer your questions honestly. I will help you work through the decision making process, so that you can feel confident with the choices that you make.