

## What is a doula?

The word, "doula," comes from the Greek word for the most important female slave or servant in an ancient Greek household, the woman who probably helped the lady of the house through her childbearing. The word has come to refer to "a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and just after childbirth." (Mothering the Mother, Klaus, Kennell, and Klaus.)

As a doula, I provide you with continuous emotional and physical support during your labor. A care provider or nurse may provide emotional and physical support, but it may not be continuous since their primary job is to attend to you medically, and they may also have other patients to attend to. I do not perform medical tasks or give medical advice. I am hired by the expectant family, and my responsibility is to you and you only. My goal is to meet all of your needs during labor and to ensure that your wishes are carried out.



There are several ways that I will ensure that your needs are met: by helping you access your care provider to ask questions, by reminding care providers of your wishes as they are expressed in your birth plan, and by giving you and your partner reminders of plans you made. I provide physical support by suggesting positions for labor, massaging you if you need or want it, and helping with any other physical comfort measures that you want to use. I do not make decisions for you, but I can help you gather the information you need to make decisions. I can help ensure that all possible situations have been addressed in your birth plan. I provide support before, during, and after the birth of your child. I discuss your wishes, fears, and plans in detail with you before the birth and can help you find resources and discuss the birth experience and your concerns once you are at home and caring for your new baby.



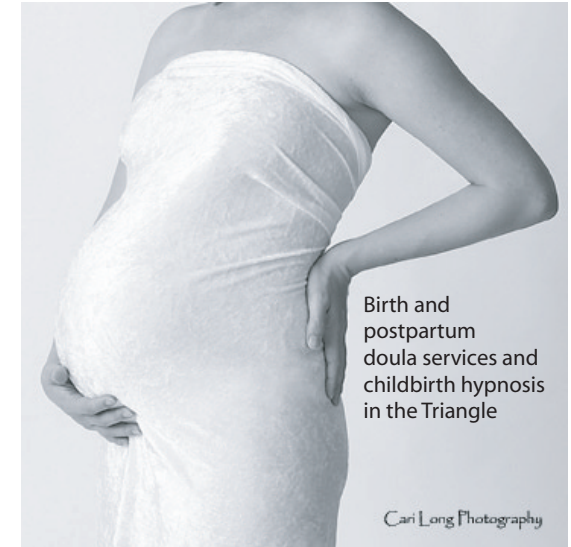
Jamie B. Jackson, CD(DONA), PCD (DONA), HCHI  
Birth and Postpartum Doula Services  
311 Center Park Way  
Apex, NC 27502

(919) 387-3705

[www.birthisbeautiful.com](http://www.birthisbeautiful.com)



**Birth is Beautiful**  
Helping Families Grow



Birth and  
postpartum  
doula services and  
childbirth hypnosis  
in the Triangle

Cari Long Photography

Jamie B. Jackson,  
CD(DONA), PCD(DONA), HCHI  
Birth and Postpartum Doula Services  
311 Center Park Way  
Apex, NC 27502

(919) 387-3705

[www.birthisbeautiful.com](http://www.birthisbeautiful.com)

# Frequently Asked Questions

## Why do I need postpartum support?

Many people nowadays do not have family close by to help them after their baby is born and are going through a time of major adjustment on their own. People all over the world have help during the first few weeks after a birth. In addition to helping you around the house so that you have time to bond with your baby, a doula brings with her on her visits a wealth of information, resources, and encouragement. A postpartum doula can talk to you about your birth, about caring for your newborn, and can help you with breastfeeding, if needed.

## How does a postpartum doula differ from a baby nurse or nanny?



A doula does not take the place of your partner or husband. In fact, a doula enhances that role by making sure that the partner is taken care of and encouraged, too. A doula can help make the birth experience positive for mothers and partners and make them both feel good about themselves.

## What training does a certified postpartum doula have?

As a postpartum doula certified through DONA International, a doula must complete training in breastfeeding, newborn care, the identification of postpartum mood disorders. The doula must also complete hands-on training with families, infant and child CPR certification, a comprehensive reading list on postpartum topics, a complete list of local postpartum community resources, and must have a recommendation from a healthcare professional. To remain certified, a doula must complete 24 hours of continuing education in the postpartum field every three (3) years.

*Some information from DONA International*

# Benefits

Research and studies tell 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.
- Women who experience support from their family members, care providers, counselors and peer groups have greater breastfeeding success, greater self-confidence, less postpartum depression and a lower incidence of abuse than those who do not.
- There is also evidence indicating that timely referrals to competent, appropriate professionals and support groups can have a significant positive outcome for the family and that support for and from the partner can have a significant impact on their partner's own experience.

# Postpartum Doula Services

I can help with light housework and with any challenges you are facing with the care and feeding of your newborn.

Postpartum services include a prenatal visit to discuss your plan for the postpartum period, to discuss your anticipated needs, and so that I may familiarize myself with your home. My hours are flexible in order to meet your unique needs and can be discussed beforehand but reassessed once your baby is born.

Please check my website and contact me to discuss my fees and scheduling in detail.



# About Jamie

My interest in childbirth began when I was eight years old and was present for the birth of my own brother. I thought it was amazing and that my mother was so strong! I saw the birth of my sister four years later. My mother was a La Leche League leader so we received many phone calls from mothers in need of support and information.



There are so many decisions to be made before your baby arrives: the birth location, who your care provider will be, what your philosophy and feelings about giving birth and being a parents are. Most parents have many concerns and questions and feel more empowered and relaxed if they can gain information about the process beforehand.

As your doula, I can take the time to answer your individual questions during the prenatal time and help you decide what questions you want to ask your care provider about their practices and what questions you have about the policies of your birth location. I am a familiar face during labor and birth that stays by your side from beginning to end. I provide parents with lots of encouragement. We all know how encouragement affects us in a positive way. At a time of uncertainty, it makes a huge difference in how we feel about ourselves and our capabilities.

I became certified as a birth doula in 2006 and as a postpartum doula in 2008 by DONA International, the largest doula organization in the world. I was also certified as a Hypnobabies Childbirth Hypnosis Instructor by the Hypnobabies Network in 2007. I have served as a doula at births at most of the hospitals in Raleigh, Durham, and Chapel Hill, as well as the Women's Birth and Wellness Center, Womack Army Medical Center, and at clients' homes. I received my bachelor's degree in industrial engineering and a minor in Spanish from N.C. State University.

The births I have attended have taught me so much, and it is always an honor to be invited to be present at the birth of a child. I love working with families and the feeling that I can help make their birth experiences beautiful.

I live in Apex with my husband, Jeff, and our two cats.