



BirthDiva™ Star Client - June 2008

Sheila-Kalua Griffiths

1. How did the BirthDiva doula impact your birth experience?

As a new single mom, my BirthDiva doula (Shayla Boyd-Gill) was everything that I hoped for in a birthing assistant and then some. First of all, It helped tremendously to have gone through the Bradley Method Classes with her. She was extremely understanding. I was able to benefit from the private sessions at my home.

I knew from the onset that I did not want to have a hospital birth and wanted to explore my options. Ideally I would have loved to have a home birth but being a single parent, the birthing center was a happy medium. My BirthDiva gave me information on a couple birthing centers to look at after listening to me carefully and understanding the type of birth that I desired. Shayla didn't stop there...she went on to meet with the staff and tour the birthing center that I had chosen to give birth. This made me feel that she was truly interested in "my birth experience". This was very helpful because she was not a new face to the staff on the day of my delivery. I must admit that I had bragged about her so much, they felt like they already knew her.



2. How satisfied were you with your birth experience

On a scale of 1-10, 10 being the highest favorable point, I would have to say that my birth experience was off the scale! It was a 20! I was in labor for 29 wonderful hours! Since my son decided not to come on his due date, I went to a belly dancing class that my BirthDiva Shayla teaches, and went into labor the very next day. I labored in the comfort of my own home. My BirthDiva was with me every step of the way! From the birthing ball to walking around the tennis court, the wonderful back rubs, the stay focused speeches, the love she had for my wonderful mother and family...She even drove me to the birthing center. When I finally arrived at the birthing center, I was already 9.5 cm dilated! We did our home work and it was time to PUSH!

3. Why is it important to consider the use of a doula and why did you decide to use a doula?

Doula services should be highly considered for each birth experience. *DOULA'S HELP TO TAKE THE PRESSURE OFF!* They help you to achieve the type of birth experience you desire. They assist in making sure your birthing experience is safe, empowering and a memorable one. Doulas *ALSO REDUCE THE RISK OF C-SECTIONS*. They are specially trained to help everyone on your birth team. They help with physical comfort as well as emotional support. This can help take some pressure off others on your birth team, allowing them to run out for food, make calls, pace the halls...My doula gave me the impression that she truly was honored to be a part of the most important moment in my life, giving birth to my first child. Doulas also provide after birth services, help with breastfeeding, and what to do when you are soooo engorged. Thanks for the cabbage Shayla. LOL.

4. Why did you choose BirthDiva?

After interviewing 3 previous doulas, I new that BirthDiva was for me from the moment we spoke on the telephone. Her presence on the phone was one of calm, and friendliness and she was definitely knowledgeable. Also, it just so happened that she was very close to where I reside. After going over the services that she offered, I knew immediately that it would be above all of my expectations. Shayla was worth it and I am honored that she was my Bradley Method Instructor, Belly Dance Instructor, Doula, and now my friend!

Grateful,

Sheila-Kalua Griffiths,

Mother of Shelemiah Brendan Griffiths (born 11/2/07) and Owner of Natural-Shapes Total Body Wellness Center featuring total body wellness from hair to toe. Visit us at: <http://www.natural-shapes.com> (202)526-4500