



BirthDiva™ Star Clients - February 2009

Kelly and Alfredo

Baby Lucia – Born: December 16, 2008

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

Because I had to be induced with Pitocin (because my water had broken but labor had not started for several days), my labor was not how I had hoped it would be. I was in labor for about 22 hours and had fairly intense contractions and symptoms of being in transition early on in the labor. Shayla provided much needed emotional support and helped a lot with easing my discomfort by helping with massage, applying heat to my lower back, and suggesting positions that would help me to be more comfortable. She also was able to help us interpret what was going on at various stages of the labor and how to interact with the nurses and midwife at different points when our needs were not being met.



2. How satisfied were you with your birth experience.

My birth experience was really challenging and I needed all the strength that I had to bring my daughter into the world. Shayla's support was invaluable in helping me to make it through even when I was totally exhausted.

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

I gave birth in a hospital with a midwife and was not sure how much time that the midwife would be with me during labor. It turns out that the midwife was attending to 7 different women laboring at one time and was with me for very little of my long labor. I was so glad that we had chosen to hire Shayla to attend our birth. No matter where you will be giving birth, I think that it is really helpful to have someone with the experience, knowledge, and nurturing approach that a good doula has to be with you through the birth process.

4. Why did you choose BirthDiva?

My husband Alfredo and I chose BirthDiva because we took the Bradley Method class with Shayla and felt very comfortable with her and trusted her knowledge of the birthing process. Knowing her already, hearing her birth stories, and seeing her with her own children gave us the confidence that she would be a good person to accompany us through the birth.