

Description of Services Provided

Prenatal Assistance

- Assistance going over Birth Plans
- Accompanied Prenatal Doctors Visits
- Access to a network of other African American Doula's
- On call availability answering questions and assistance with labor and delivery, such as emotional and physical support and advocacy for mothers and her partner in health care settings with medical professionals
- conversations and services specifically for father's, to help them understand the birth process, their role within the birth process and skills they develop to gain confidence to advocate for their significant others and themselves, to set the foundation for a successful co-parenting dynamic during the postpartum stage

Postpartum

- Education, encouragement and conversations over breast feeding, it's benefits and some of its obstacles
- Help with conversations over family roles
- Connection to resources such as Club Mom, Club Dad, early childhood development programs, parenting resources

Group Presentations & Consultations

- Group facilitations and classes with men, women, or couples
- Presentations to health care professionals on how to successfully engage men (in a culturally appropriate way) during the birth process (case workers, home visiting nurses, etc)
- Available for consultations with health care providers and professionals alike

The services that are provided are that of traditional Doula services and are offered to individuals and organizations alike. Consultations and or contracts can be made for individuals, couples and can be hired out to larger organizations to facilitate group sessions or educate employees doing community work or engaging in early childhood development.

There is also a male focus to the services in an effort to engage more men to be an active, healthy part of the birth process to improve infant and maternal health in a holistic way ensuring healthy moms, healthy children, and healthy families in whatever way they present themselves. To learn more about what is provided and how we can be of service please reach out via the contact information below.

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