



The Doula Times for Southwest Washington

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What roles can familial labor support play?

The role that the partner, the father or loved one would play really depends on how the two of them perceive his or her role, but also how comfortable he (or she) is. It can be anything. From being a companion who is assisting her with every breath she takes — in terms of being present and being in the rhythm of her breathing. To sitting by

and encouraging maybe a doula or someone else to do most of the labor support. But as far as I'm concerned, a woman who is alone in labor feels alone. Even with a partner who isn't very present for her. She's very unlikely to feel very fulfilled in her birth experience.

-Excerpt from Mother's Advocate ("The Importance of

Labor Support Cannot be Overestimated." December 13, 2010 by [mothersadvocate](#)) **with interview from Penny Simkin, inspirational author, childbirth educator, birth counselor and co-founder of DONA, joins the Mother's Advocate blog to discuss the value of love, encouragement and support during labor.**



More Great Baby Shower Ideas!

Diaper Cakes

Cakes include bottles, diapers, receiving blankets, toys, and a gift of your choice. Pick a color, pick a theme. \$40+

Created by Tina

Did You Know?

Gift Certificates are Available

Want to give a gift? Gift certificates are available for a portion or full cost for your loved one! Please contact me once you know that your loved one would use my services. This can be mailed directly to them or you.

-It is a great baby shower gift!

Childbirth Education Course Available!

Ask for your personalized course, in the comforts of your home!

Would you like a course that was designed specifically for you? How about the choice to pick the topics that you want to hear more about? Do you have a pregnant friend or couple who would like to take the course with you?

For your Personalized Childbirth Education Course, please contact me.

Curriculum is based from INJOY Birth & Parenting Education and Childbirth International. You will receive accompanying booklets and materials to follow along with the course. The cost of the booklets are included in your course cost.

Cost~\$80 for 8 hours. \$100 for 10 hours. You can get a 5% discount if there is more than one family in attendance. Also, an additional 5% off if you use my doula services. *This cannot be combined with any other coupons. For families needing a refresher course (if you have had a child already), the cost is \$30 for a 3 hour refresher/preparation. Each course is specifically designed for your family's needs.

Benefits of Staying Home for Early Labor

During this phase you should just relax. It is not necessary for you to rush to the hospital or birth center. It will be more comfortable for you to spend this time at home, in a familiar place. If early labor is during the day you should do simple routines around the house. Keep yourself occupied but still conserve some of your energy. Drink plenty of water and eat small snacks. Keep track of the time of your contractions. If early labor begins during the night it is a good idea to try and get some sleep. If you can't fall asleep, do things that will distract you like cleaning out your closet, packing your bag, or making meals for the next day.

The Benefits

- *You may be more at ease in the comfort of your own home.
- *You can move around freely without the monitoring required by hospital staff and procedures.
- *Labor sometimes improves at home.
- *Family and friends can support you at home.

What to do:

If you labor at home, these things might make you more comfortable:

- ~Taking a warm bath
- ~Resting in a bed
- ~Listening to music
- ~Having a massage
- ~Rocking in a rocking chair
- ~Drinking liquids
- ~Fold Baby Clothes
- ~Doing last minute things for the baby or for your other children

~Finish packing your bag and partner's bag

~Bake-Baking can be a great distraction to early contractions. Bake cookies to share at the hospital or a cake to have when you return.

Also-Please contact your doctor/midwife and doula. Let them know what is going on. Watch for warning signs: bleeding, dizziness, nausea, sharp cramping, or water breaking.

**Blessings of Birth Doula &
Childbirth Services**

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MY BLOG

www.blessingsofbirth.blogspot.com

MY WEBSITE

www.blessingsofbirth.net

BECOME A FAN on FACEBOOK!

Blessings of Birth

**Join me this 4th of July in the
annual Go Fourth Parade!
Call me for details!**

Your Support for pregnancy, childbirth, and postpartum.

Breastfeeding /Newborn Care Courses

This 3 hour Breastfeeding Course will help you learn many "need to know" basics about breastfeeding your newborn. This will include a course booklet, helpful videos, and resources to make you feel more comfortable about caring for your new baby. Also included will be a one hour training for caring for your newborn (i.e. diapering, sleeping, schedule, bathing, etc.). I will help give you tips and confidence for your new journey with baby.

Cost: \$40 **If you are taking my childbirth course, this information is included in the course.



Pacific Midwifery Service, LLC
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Nursing "Strike"



A nursing "strike" is when your baby has been breastfeeding well for months, then suddenly loses interest in breastfeeding and begins to refuse the breast. A nursing strike can mean several things are happening with your baby and that she or he is trying to communicate with you to let you know that something is wrong. Not all babies will react the same to different situations that can cause a nursing strike. Some will continue to breastfeed without a problem, others may just become fussy at the breast, and others will refuse the breast entirely. Some of the major causes of a nursing strike include:

- mouth pain from teething, or from a fungal infection like thrush, or a cold sore
- an ear infection, which causes pain while sucking
- pain from a certain breastfeeding position, either from an injury on the baby's body or from soreness from an immunization
- being upset about a long separation from the mother or a major change in routine
- being distracted while breastfeeding—becoming interested in other things around him or her
- a cold or stuffy nose that makes breathing while breastfeeding difficult
- reduced milk supply from supplementing with bottles or overuse of a pacifier
- responding to the mother's strong reaction if the baby has bitten her
- being upset about hearing arguing or people talking in a harsh voice with other family members while breastfeeding
- reacting to stress, over-stimulation, or having been repeatedly put off when wanting to breastfeed

If your baby is on a nursing strike, it is normal to feel frustrated and upset, especially if your baby is unhappy. It is important not to feel guilty or that you have done something wrong. Your breasts also may become uncomfortable as the milk builds up.

Helpful Tips:

- Try to express your milk on the same schedule as the baby used to breastfeed to avoid engorgement and plugged ducts.
- Try another feeding method temporarily to give your baby your milk, such as a cup, dropper, or spoon. Keep track of your baby's wet diapers and dirty diapers to make sure he or she is getting enough milk.
- Keep offering your breast to the baby. If the baby is frustrated, stop and try again later. Try when the baby is sleeping or very sleepy.
- Try various breastfeeding positions.
- Focus on the baby with all of your attention and comfort him or her with extra touching and cuddling.
- Try breastfeeding while rocking and in a quiet room free of distractions.

Ask for help if your baby is having a nursing strike to ensure that your baby gets enough milk. Contact Me: 360-431-8275

This is my first attempt to go paperless and try email networking. Forgive me if you do not want to be on my list. To Unsubscribe to this newsletter list, click this link and type unsubscribe.

blessingsofbirth@comcast.net

Want to Share?

Do you have a birth-story to share?

I would love to share your birth story with my readers. What helped you the most? Did you have a doula or birth partner? What kept you going? Please write me to share.

Pregnancy Contest:

Share your pregnancy photos and win \$50 off your doula services. Submit to:

blessingsofbirth@comcast.net.

Your photo will appear in the next Doula Times!