

# the doula experience

*inspiring joyous births*

2018

## *A Message from Sunday*

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Thank you for inquiring about the services I provide, along with a trusted group of doula colleagues. I would be delighted to have the opportunity to share the amazing experience of pregnancy and birth with you!

It is my mission to provide respectful, holistic and compassionate support throughout the childbearing year with an emphasis on education, self-discovery and empowerment for those planning hospital or home births.

Once you have reviewed this information packet, which

includes an agreement for doula services and related documents, let me know if you have any questions or concerns. I am happy to communicate with you by email, or you are welcome to call me to chat.

If you are interested in taking it one step further, we can schedule a free no-obligation introductory meeting so that you can determine if The Doula Experience is the right fit for you and your special needs.

In order to protect your privacy, particularly in the event that you may not wish to



engage our services, I suggest that we meet this first time at a public place, such as a coffee shop or library. We can find a spot that is convenient for both of us.

I look forward to speaking with you about how I and my colleagues can serve you!

*Sunday*

### Information Packet

and

### Agreement for Doula Services

## *Why Choose a DONA Certified Birth Doula?*

By hiring a DONA certified birth doula, you can be assured that you have an experienced and skilled guide by your side who has achieved a major professional milestone and who is committed to maintaining professional excellence.

You can be confident that your certified doula practices with the highest standards and

under a strict code of professional ethics.

The DONA certified doula's scope of practice is very clear and includes informational guidance, emotional support, physical comfort measures and positioning to encourage labor progress. She does not perform any medical or clinical tasks that would otherwise be done by your doctor, midwife or

nurse, such as monitoring fetal heart tones or checking for cervical dilation.

Because of her vast experience in the complex birth system, she can help you to navigate this unfamiliar environment.

Your doula will remind you that your voice and your choice matters!

## *What the Research Tells Us about Doula Support*



The original findings on the valuable effects of doula support happened quite by accident! Drs. Marshall Klaus and John H. Kennell were seeking to prove the advantages of keeping mothers and babies together after birth, when they found that the mere presence of a supportive researcher in the birth room had very beneficial effects on the mothers' birth experiences. This led them to expand on their field of research, first

documenting their unique findings in the 1980s; and the doula movement began!

Since then, extensive [research](#) has continued to conclusively demonstrate that the support of a birth doula statistically improves obstetrical outcomes, decreases medical complications, improves mother-infant attachment, and promotes the expectant mother's overall satisfaction with her experience. This translates into fewer cesarean

sections, fewer operative vaginal deliveries (forceps or vacuum extraction), less need to use artificial hormones, fewer requests for pain medications among mothers who desire to avoid them, shorter labors, healthier babies, improved breastfeeding experiences and less postpartum depression.

These improved outcomes are exclusive to doula support and are not replicated with the support of loved ones or professional staff.

## *But, What about My Partner?*

**"Our doula helped me to stay calm and enjoy the birth of our baby."**

**—Former Client Dad**

A birth doula does not take the place of the birthing person's partner (be it the baby's father or another loved one), but she provides assistance in addition to the partner's loving support.

For some partners, this time is filled with the anticipation of supporting the mother in every possible way, from giving back rubs to helping during pushing

and cutting the cord. Other partners may worry about the responsibility of having to know what to do and when to do it to help the mother manage her labor. Still others may feel squeamish about the whole process.

Your doula will help your partner feel comfortable and

successful no matter how he or she wishes to participate.

The doula can mentor the partner who wants to be fully involved, providing suggestions for what to do when and how. And the doula can help the reluctant or nervous partner feel included but safe in a less-responsible role.

## *Your Doula Team*



You will have two doulas on your doula team. Your primary doula will be your main point of contact during your pregnancy and will be available for you during the majority of the on-call period (37 to 42 weeks). You will also have a backup doula who will work closely with your primary doula to cover any

periods of her unavailability. Of course, you will also meet your backup doula.

You will be given an on-call schedule, so that you know which doula is available for you whenever you might need to speak with a doula and when you are in labor.

Although this is a rare occurrence, arrangements might need to be made for a third backup doula to ensure 24/7 coverage.

The goal is to provide you with the assurance that you will have doula support, no matter what the circumstances!

## What You Can Expect From Your Doulas

Your doula team is committed to your personal satisfaction in your birth and immediate postpartum experience.

We will work closely with you to ease your fears and lessen your concerns.

We will help you identify your birth values so you can prepare more confidently for the type of birth experience that feels just right for you.

We will assist you in fully understanding your options

and engage in discussions with you on the benefits, risks, tradeoffs and alternatives of those options, so that you can make informed and confident decisions.

We will plan and implement strategies for coping with your labor.

We will assist you in planning your birth and communicating with your care providers.

We will respect your goals and desires, without bias or judgment.

We will provide resources and referrals, as needed and requested.

We will provide continuous emotional, informational and physical support throughout the entirety of your birth experience.

We will keep your confidences and protect your privacy, with respect to both ordinary and sensitive matters.



## What Your Doulas Expect of You

First and foremost, your doula team expects that you will be honest with, and true to, yourself. In other words, acknowledge and respect who you are and what appeals to you and plan and prepare for a birth experience that will satisfy you and not one that is based solely on cultural ideals.

We expect that you will share your values and goals with us, as well as your special needs or individual circumstances and allow us to help you design the type of support you need to achieve your goals.

We encourage you to face your fears and concerns and approach them directly, with

our guidance and support, if it would be helpful to you.

We hope that you will prepare for your birth by attending a good quality childbirth class.

We hope you will not be shy about asking for our assistance and allowing us to be a shoulder to lean on and a resource for you.

**"If a doula were a drug, it would be unethical not to use it."**

**—John H. Kennell, MD  
DONA International  
Founder**

## Staying in Touch

Communicating on a regular basis will give you and your doula team the opportunity to become even more familiar and comfortable with one another. A good rule of thumb is to at least check in with your primary doula after each prenatal obstetrical appointment. If you don't, she will be checking in with you!

You can let your doulas know your preferred method of communication prenatally, be it phone calls, text messages or emails, keeping in mind that each form of communication has its advantages and limitations. For example, for more in-depth discussions, a phone call or even an email is preferable to a text message.

Phone calls about non-urgent matters are welcomed between 9 a.m. and 7 p.m. Monday through Friday and until noon on Saturday. For urgent matters, such as a critical situation or during labor, call anytime, day or night.

Emails will be responded to within 24 to 48 hours.

**Communicate.**



## Clarifying Your Feelings about Pain Medications

### The Pain Medications Preference Scale

#	What it Means	Your Partner, Doula, Nurse of Care Provider Can Help You By:
+10	I want to be numb, to get anesthesia before labor begins. [An impossible extreme.]	Explaining that you will have some pain, even with anesthesia. Discussing your wishes and fears with you. Promising to help you get medication as soon as possible in labor.
+9	I have great fear of labor pain, and I believe I cannot cope. I have to depend on the staff to take away my pain.	Doing the same as for +10 above. Teaching you some simple comfort techniques for early labor. Reassuring you that someone will always be there to help you.
+7	I want anesthesia as soon in labor as the doctor will allow or before labor becomes painful.	Doing the same as +9 above. Making sure the staff knows that you want early anesthesia. Making sure you know the procedures and the potential risks.
+5	I want epidural anesthesia in active labor (4-5 cm). I am willing to try to cope until then, perhaps with narcotic medications.	Encouraging you in your breathing and relaxation. Knowing and using other comfort measures. Suggesting medications when you are in active labor.
+3	I want to use some medication but as little as possible. I plan to use self-help comfort measures for part of labor.	Doing the same as for +5 above. Committing themselves to helping you reduce medication use. Helping you get medications when you decide you want them. Suggesting half doses of narcotics or "light and late" epidural.
0	I have no opinion or preference. I will wait and see. [A rare attitude among pregnant women]	Helping you become informed about labor pain, comfort measures, and medications Following your wishes during labor.
-3	I would like to avoid pain medications if I can, but if coping becomes difficult, I'd feel like a "martyr" if I did not get them.	Emphasizing coping techniques. Not suggesting that you take pain medication. Not trying to talk you out of pain medications if you request them.
-5	I have a strong desire to avoid pain medications, mainly to avoid the side effects on me, my labor, or my baby. I will accept medications for difficult or long labor.	Preparing for a very active support role. Practicing comfort measures with you in class and at home. Not suggesting medications. If you ask, suggesting different comfort measures and more intense emotional support first. Helping you accept pain medications if you become exhausted or cannot benefit from support techniques and comfort measures.
-7	I have a very strong desire for a natural birth, for personal gratification along with the benefits to my baby and my labor. I will be disappointed if I use medication.	Doing the same as for -5 above. Encouraging you to enlist the support of your caregiver. Requesting a supportive nurse who can help with natural birth. Planning and rehearsing ways to get through painful or discouraging periods in labor. Prearranging a plan (e.g. a "last resort" code word) for letting them know if you have had enough and want medication.
-9	I want medication to be denied by my support team and the staff, even if I beg for it.	Exploring with you the reasons for your feelings. Helping you see that they cannot deny you medication. Promising to help all they can but leaving the final decision to you.
-10	I want no medication, even for a cesarean delivery. [An impossible extreme]	Doing the same as for -9 above. Helping you gain a realistic understanding of risks and benefits of pain medications.

*This Pain Medications Preference Scale was developed by Penny Simkin, DONA International founder, doula mentor and childbirth educator extraordinaire! Use it to find the approach to pain relief that best suits you and to discover the kind of assistance you will need to be sure your wishes can be followed.*

*If you are interested in this form and an explanation for its use, in its entirety, read "The Birth Partner" by Simkin or click [here](#).*

**"There is a secret in our culture, and it's not that birth is painful. It's that women are strong."**

**—Laura Stavoe Harm**



## Optional Additional Services



In addition to the basic services offered by your doulas under their scope of practice, Sunday offers optional services in accordance with her additional trainings and certifications, that you may wish to engage.

### Fees for optional services:

Call UH Health Match at 216-844-4000 to register for BirthWorks, HypnoBirthing or Lamaze childbirth classes taught at a UH facility.

A private series of BirthWorks or HypnoBirthing classes, including materials, is \$550 in your home or \$450 in Sunday's home. If group classes are available in Sunday's home, the fee is \$300.

A refresher childbirth class session, for experienced parents who just wish to brush up on some content or skills, is \$150 per two-hour session in your home and \$100 per two-hour session in Sunday's home.

An in-person group Evidence Based Birth Savvy Birth Workshop, including access to the online course, is \$75.

Access to the Evidence Based Birth online course only is \$50.

TENS unit rental and information session is \$75.

An in-home prenatal or postpartum breastfeeding consultation is \$50 per hour.

An additional in-home prenatal or postpartum meeting is \$50 per hour.

## BirthWorks® International Classes

BirthWorks is a philosophy of childbirth that upholds birth as instinctive and women as fully capable of birthing their babies. Classes include information about the physiology of birth, acknowledgement of the emotional and psychological aspects of pregnancy, birth and parenting, a discussion of the medicalization of birth,

techniques for being an informed consumer, and tools to decrease fear and increase confidence, all offered with a positive attitude and focus.

Sunday regularly offers a six week BirthWorks series through University MacDonald Education at the UH Landerbrook Center in Mayfield Hts. She can give you

the schedule of classes upon request and suggests registering early. The class fee is \$170, which includes your materials.

Private individual classes are also available upon request. Private group classes are only available with enough interest. Refresher classes for experienced parents are also available.

**"True learning is not accomplished by pounding something new into our psyche; it is allowing our innate wisdom to come forth."**

**—Allan Cohen**

## HypnoBirthing—The Mongan Method® Classes



HypnoBirthing is a method of childbirth preparation utilizing well-practiced self-hypnosis techniques designed to allow the birthing woman to respond to her labor in a calm and relaxed manner. Classes include discussions of the physiology of birth, informed decision making, comfort measures, self-hypnosis

exercises, reframing negatives into positives and instruction on how to effectively use the program.

Sunday regularly offers a five week HypnoBirthing series through University MacDonald Education at the UH Landerbrook Center in Mayfield Hts. She can give you

the schedule of classes upon request and suggests registering early. The class fee is \$170, which includes your materials.

Private individual classes are also available upon request. Private group classes are only available with enough interest. Refresher classes for experienced parents are also available.

## TENS for Labor

Transcutaneous electrical nerve stimulation is a non-medicinal way to relieve discomfort in childbirth. It is commonly used during labor by women in Great Britain, Canada and Sweden. In the United States, TENS units have been used for years by physical therapists in their rehabilitation of injuries.

TENS uses electrical stimulation to increase the release of the body's natural

pain-relieving substances and block the nerve pathways that cause labor discomfort.

Obstetric TENS has been found to be an effective technique for control in over 80 percent of births, especially for back discomfort, and has no known harmful effects to mother or baby. Most women who have used an obstetric TENS unit in one labor say they would use it again in their next labor.

TENS has been found to be most effective when initiated early in labor.

Sunday has received specialized training in the use of TENS and rents obstetric units to clients along with a complementary instructional session explaining its use, how to apply it, and when it is and is not recommended. It is required that you get advance approval from your care provider to use TENS in your labor.



## Evidence Based Birth®

As an approved [Evidence Based Birth](#) instructor, Sunday offers Savvy Birth Workshops for parents and professionals.

In the Savvy Birth Workshop for parents, we will explore these questions: What does research support as the safest way to give birth? What is the inside scoop on what goes on in the hospitals in our area?

How does midwifery care differ from obstetrician care? What questions can you ask your care provider (OB or midwife) to make sure they're on board with your birth plan? What is it like to give birth with a truly supportive team made up of your partner, doula and nurse? If your doctor or your hospital tells you you're

“not allowed” to do something during labor, who has the legal authority: you or the hospital?

This workshop does not take the place of a childbirth class, but complements it by delving further into complex issues.

Access to the Evidence Based Birth online course for parents taught by Rebecca Dekker, the founder, is also available.

**“The moment where you doubt whether you can fly, you cease forever being able to do it.”**

—Peter Pan

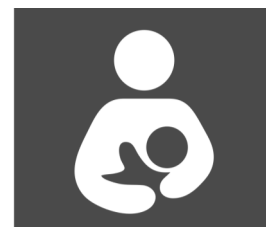
## Breastfeeding Support

As a certified lactation counselor, Sunday is fully prepared to support you in accomplishing your breastfeeding goals. She can help you understand the dynamics of the mother/baby breastfeeding couple, provide guidance and support as you begin your breastfeeding

journey, assist both parents in understanding their baby's special needs and communication style, identify effective milk transfer, troubleshoot the most common breastfeeding issues and concerns, and provide resources and referrals for support for more complex

issues outside of her area of expertise or scope of practice.

Breastfeeding support by phone or email is provided as part of your birth doula services. If you want or need more individualized attention, you can schedule additional consultations during pregnancy or postpartum.





## Agreement for Birth Doula Services

### What is a birth doula and what does she do and not do?

- A professionally trained and certified birth doula provides physical support, emotional reassurance and informational guidance to an expectant mother and her partner before, during and immediately after her birth, ensuring a safe and satisfying experience.
- A birth doula provides advocacy through mediation. She does not speak on behalf of the expectant parents, but will assist their understanding, informed consent and decision-making process. A doula works for her clients and not for the care providers or hospital.
- A birth doula does not perform any medical or clinical tasks that would otherwise be done by the doctor, midwife or nurse.
- A birth doula does not take the place of the expectant mother's partner (the baby's father or other loved one), but provides assistance in addition to his or her loving support.
- Research has shown that the presence of a birth doula at an expectant mother's birth improves obstetrical outcomes, decreases medical complications, improves mother-infant attachment, and promotes the expectant mother's overall satisfaction with her experience.

### Obligations of your birth doula:

- A backup or co-doula will be enlisted by your primary doula, Sunday Tortelli, to ensure doula coverage at all times.
- One (1) in-home prenatal planning meeting will be scheduled at approximately 34 to 36 weeks gestation for you and your partner to meet and become better acquainted with your primary and backup doulas. At that meeting, you will have the opportunity to share with your doulas your birth preferences, goals, expectations and any concerns or special circumstances. Optional additional prenatal meetings are available for an additional fee.
- Your primary doula or her backup doula will be available to answer any questions or concerns and provide guidance in dealing with pregnancy issues and/or planning your birth experience from the onset of this Agreement through your six (6) week postpartum period. (See "Communicating with your doulas.") Optional private or group childbirth preparation classes, workshops and breastfeeding consultations are also available under separate arrangements.
- In general, your doulas will be on-call to accompany you in labor beginning approximately three weeks prior through two weeks past your estimated due date. Special circumstances regarding possible preterm or postdate birth, or adjustment of your estimated due date will be taken into consideration and accommodations made to the best of the doulas' ability.
- Your doulas will keep you apprised of their schedules of availability. Your doulas will ensure that at least one (1) doula will be available at all times around your estimated due date. In the extraordinary event that neither your primary nor backup doula would be available during a specific time frame, arrangements will be made for a third backup doula. Every effort will always be made to provide doula coverage even in the most unforeseen circumstances.
- Initiation of labor support services will be based both on plans previously made during prenatal contact and immediate need. Both early in-home labor support and meeting at the hospital in labor are options, as are planned home births. A *minimum of one (1) hour* will be required by the doula to prepare to join you in labor, *in addition to travel time*, although she will strive to join you as soon as possible after being notified.
- Continuous doula support will be provided throughout the entirety of labor, birth and the immediate postpartum period. In the event of an unusually prolonged labor, your backup or another doula may be called in so as to provide you with optimum care.
- The doula who attends your birth will offer a postpartum follow-up visit within three weeks of your birth to assist you with processing your birth experience. Postpartum phone consultations with your primary doula and/or your birth doula, if not the primary doula, providing guidance and assistance with breastfeeding, infant care and managing your postpartum experience are available for the entirety of your six (6) week postpartum period. (See "Communicating with your doulas.") Additional postpartum meetings and/or in-person breastfeeding consultations are optional for an additional fee.
- Your doulas will afford you complete privacy and confidentiality in all matters for all time. See the "Client Confidentiality Release Form," available for your signature.

### Communicating with your doulas:

- Your doulas will provide you with their phone numbers (both primary and secondary, if applicable) and their email addresses. Your doulas welcome non-urgent phone calls between 9 a.m. and 7 p.m. Monday through Friday and between 9 a.m. and noon Saturday. Urgent phone calls (i.e., during labor or a critical situation) are welcomed any time, day or night. Email and text messaging should be reserved for non-critical matters and will be responded to as soon as possible, typically within 24 to 48 hours. *It is not advisable to communicate via email or text messaging during labor, for urgent matters and/or during a critical situation.*



# Agreement for Birth Doula Services (continued)

### Obligations of the client(s):

Your doulas expect that you will share insights about yourself, along with your goals and desires for your birth experience, which can provide the information they will need to assist you in the best possible way. Discussions will take place regarding ways in which your doulas will be able to help you and your partner during your labor and birth to make it a rewarding experience. Preferences for your birth will be discussed at your prenatal planning meeting and can be revised, expanded on, or amended during any prenatal consultations, as well as during your birth experience.

You are encouraged to maintain communication with your primary doula at least during the last few weeks of your pregnancy in order to keep her apprised of your status and enhance your comfort level with one another. Information relevant to your birth experience will be relayed to your backup doula.

It is recommended that you inform the primary doula, or the backup doula on call, as soon as you are aware that labor has begun, no matter what time of day or night. She will be able to offer suggestions and encouragement for working with your labor at that point and as it progresses.

Ultimate responsibility for choices made, procedures incorporated or interventions utilized during the course of pregnancy, labor, birth and the immediate postpartum period are the prerogative of the parents, in conjunction with their birth care providers. The doula's responsibility, should you deviate from your previously stated plans, will be to respect and support your decisions wholeheartedly and assist you in implementing your course of action.

Your assistance and cooperation with scheduling a postpartum follow-up visit within three weeks of your birth will be appreciated.

### Terms of agreement for birth doula services:

The fee for birth doula services as outlined herein is \$850.00.

A non-refundable retainer fee of \$300.00 is payable upon acceptance of this Agreement along with submission of the Registration Form. *(Make checks payable to Sunday Tortelli and mail to 19006 Stony Point Drive, Strongsville, Ohio 44136 or pay with a credit card via PayPal to SunTdoula@aol.com.)*

The balance of \$550.00 is due and payable *to the doula who attended your birth* no later than two (2) weeks following the birth.

One-half (1/2) of the full fee (\$425.00) is due and payable upon your decision to dissolve this Agreement at any time, and for any reason, within eight (8) weeks of your estimated due date, in payment for reserved scheduling, on-call status and any consultation(s) or meeting(s) already completed. The outstanding balance due will become payable *to Sunday Tortelli* within one (1) week after dissolution, or any balance already paid in excess of \$425.00 will be returned to you.

Inability to provide doula services due to circumstances beyond the doula(s)'s or parent(s)'s control, such as a rapid labor or medical emergency, or due to your failure to contact the doula(s) in a timely fashion, will result in the remainder of the full fee becoming due and payable no later than one week following the birth.

Failure to provide doula services as a result of error or negligence on the part of the doula(s) will result in a *full refund* of all fees paid within one week following the birth.

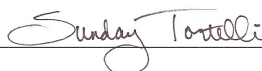
Additional optional prenatal and/or postpartum doula meetings incur a \$50.00 per hour fee, payable either with the balance due (as for an additional prenatal meeting) or at the time of the additional postpartum visit.

Optional in-home breastfeeding consultation, over and above the breastfeeding support provided as part of the doula services, is available under a separate arrangement and incurs a \$50.00 per hour fee, payable at the time of the visit, whether during the prenatal or postpartum period.

Optional childbirth preparation classes, online courses, workshops and/or TENS unit rental are available under separate arrangements.

By verbal and written understanding, all parties accept this Agreement in good faith and with great anticipation on this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

SIGNED BY \_\_\_\_\_ (Mother) \_\_\_\_\_ (Partner)

 \_\_\_\_\_ (Sunday Tortelli, Primary Doula)

## Client Registration Form

Mother's name:		Partner's name:		
Mother's occupation:		Partner's occupation:		
Street address:			City/Zip:	
Special directions:				
Home phone:		Mother's cell:		
Mother's work phone:		Partner's cell:		
Mother's email:		Partner's email:		
Preferred method of communication prenatally:				
Due date:		LMP:	Ultrasound dating at _____ weeks gestation	
Care provider:			Birth place:	
Mother's age:	Partner's age:	Pregnancy No.	Birth No.	VBAC? Yes__ No__
Names/ages of any other children (if relevant):				
Overview of any previous birth and/or postpartum experience(s) (if relevant):				
Pet(s) in the home (if relevant):				
Pain Medications Preference Scale score +10 to -10:				
HypnoBirthing Key Words (if relevant): Color —			Up/exit word —	
Preparation for this birth (classes, books, etc.):				
General health:				
Special concerns or needs:				

# the doula experience

*inspiring joyous births*

## *Client Confidentiality Release Form*

While doulas are not medical care providers, they are privy to some personal and health information about their clients in order to be able to fully serve them. Confidentiality of medical and personal information obtained during the course of a doula’s work is of utmost importance and can be interpreted to fall under HIPAA (Health Insurance Portability and Accountability Act) regulations. While the permission to have that information may be implied by hiring the doula, and the information may be shared voluntarily, it is recommended that the client signs this Client Confidentiality Release Form.



I, \_\_\_\_\_, at  
 \_\_\_\_\_ (address),  
 \_\_\_\_\_ (phone no.), give my permission  
 for my doulas, Sunday Tortelli and \_\_\_\_\_,  
 to take notes about me, including personal information I choose to disclose  
 to her/them, and information regarding my labor, birth and postpartum, as  
 well as any information regarding my child(ren). I understand that this  
 information may be used for the purpose of doula certification or  
 recertification and will be shared with the Certification Committee of  
 DONA International. I also understand that this information may  
 anonymously be used by the DONA International Data Collection  
 Committee for statistical purposes, and that my birth doula may use this  
 information to provide me with a summary for my own personal use.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

**“Few things can help an individual more than to place responsibility on him, and to let him know that you trust him.”**  
**—Booker T. Washington**

# The Doula Experience Perinatal Services

19006 Stony Point Drive  
Strongsville, Ohio 44136  
Phone: 440-572-2574  
Cell: 216-496-5904  
Email: [SunTdoula@aol.com](mailto:SunTdoula@aol.com)  
Web: [www.doulaexperience.com](http://www.doulaexperience.com)  
Facebook: [www.facebook.com/DoulaExperiencePerinatalServices/](http://www.facebook.com/DoulaExperiencePerinatalServices/)

## Information Packet & Agreement for Birth Doula Services

"Be very kind to the  
mother."

—Marshall Klaus, MD  
DONA International  
Founder

### About Sunday Tortelli and Her Colleagues

Sunday Tortelli was one of the first group of doulas awarded the exclusive DONA Advanced Certified Doula designation in 2015, and she was one of the first 100 doulas ever certified in 1994. She has also been a DONA approved birth doula trainer since 1997.

Sunday is certified as a childbirth educator with Birth Works International, the HypnoBirthing Institute and Lamaze International and is an Evidence Based Birth instructor. In 2015, she received the prestigious Fellow of the Academy of Certified Childbirth Educators award. She is also certified as a lactation counselor with the Academy of Lactation Policy and Practice and as a HUG Your Baby trainer.

Sunday currently serves on the DONA International Birth Doula Certification Committee and previously served on the DONA International Board of Directors as the Director of Publications, President Elect, President and Past President from 2005 to 2016 and on various committees since 1994. Locally, she is on the steering committee of ICAN of Greater Cleveland.

Sunday is the mother of four adults whose birth experiences shaped her philosophies and fueled her passion for birth work.

All doulas associated with The Doula Experience Perinatal Services are trained and experienced in the art of labor support.

## A Few FAQs

Where do you provide doula services?

*Doula services are provided at home and hospital births in Cuyaboga County and certain areas of Medina, Lorain and Summit Counties.*

When will we meet our backup doula? What if we aren't comfortable with her?

*You will meet the backup doula at the prenatal planning meeting. If you are uncomfortable with her, I will arrange for another backup doula.*

If I have a midwife, will I still need a doula?

*Your midwife and your doula fulfill very different roles. While your midwife will surely be supportive and encouraging, her main role is to oversee your and your baby's health and safety. Your doula also cares*

*about your safety but does not provide clinical care. So, midwives and doulas work together to provide you with a good balance of safety and emotional and physical support.*

Will you recommend books, videos or websites?

*Check out the [resource page](#) on my website for recommendations, but I am happy to provide personalized recommendations and can also lend you copies of some books and videos.*

When do you join us in labor?

*That's up to you. Typically, your doula will provide phone support and encouragement in early labor and will join you in active labor when you feel the need for in-person support.*

What if I want an epidural?

*Whether you go into your birth*

*planning to have an epidural or choose to have one at some point in your labor, your doula continues to offer physical, emotional and informational support.*

What if I schedule a cesarean?

*Your doula will accompany you to the hospital and provide support while you are being prepared for the birth and then when you are in recovery. If permitted, she will accompany you in the operating room along with your partner. Most of all, she will remind you and everyone else that this isn't a medical event, it is the birth of your precious baby!*

How long will you stay with us after the baby is born?

*Typically, around one or two hours, not leaving until mother and baby are comfortable and settled.*

