

Phyllis Fisher

Certified Doula, Birthkeeper, Certified HypnoBirthing Practitioner (Doula and Educator, Birthing from Within Doula & Mentor, Certified Yoga Instructor, Reiki Tummo BS degrees in Childhood Ed., Art Ed., and Fine Art, FL State Certified Educator

A Woman's Way – Doula, Natural Childbirth Preparation and Woman's Mentoring Services
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Pregnancy, labor, birth, & breastfeeding are satisfying, nourishing and fulfilling life experiences. Each, gives to women, a unique connection to nature's strength & intuition and act as a distinctive initiation to their womanly art. Phyllis assists women and their birthing companions in discovering the meaningful art & joy of experiencing birth comfortably, in a calm self-fulfilling manner, learning and practicing to call upon your body's birthing knowledge and your own natural relaxants to lessen or eliminate discomfort and the need for medication. When a woman properly prepares for childbirth and when mind & body are in harmony, nature is free to function in a given womanly design providing the insight and inspiration for her to holistically birth & mother her new child.

Phyllis Fisher offers a wise woman-to-wise woman experience; assisting you carefully through the reproductive process with evidence based care and knowledge, experienced Doula Services, Natural Childbirth Preparation using official HypnoBirthing materials/classes, and supportive mentoring with focus on a birthing woman's needs & issues using Birthing from Within mentoring. She invites your questions and is happy to discuss your needs.

What is a doula?

A doula is a woman who is experienced in childbirth, in the course of becoming a mother herself and or by attending many births. A doula can be trained and certified or may enter the profession via her life and birth experiences. Doulas provide emotional, practical, and physical support throughout labor and birth and many doulas work with expectant parents during pregnancy and in the postpartum period as well. Ideally, doulas provide support to both the laboring mother and her partner or family. Research shows that when the mother and father are "mothered" in labor and early postpartum, the parents experience a "halo" effect postpartum, i.e. they start off feeling more confident in their new parenting role. See www.dona.com for more evidence-based research.

In most communities, there are doulas that offer labor and postpartum support privately, and some hospitals provide doula services for an additional cost.

Why invite a doula to your birth?

Many women intuitively feel that having another woman present throughout labor would be helpful. Having a familiar face by a laboring woman's side continuously helps her feel prepared and confident in coping with the intensity and unknowns of birth. A doula doesn't provide medical care, so she can completely focus on the emotional and physical support of the laboring woman. Many fathers feel reassured by the presence of a doula. Because few people in our culture (especially men) attend a birth before the birth of their own child, it is helpful to have someone who is experienced in birth being a continuous and comforting part of the birth experience. When her partner wishes to be the primary

support person for the laboring woman, the doula is able to be the extra pair of hands and eyes who helps out where and when needed.

There are a variety of reasons why a few parents do not hire a doula. Sometimes a couple wants to have birth be strictly a personal experience, and they feel that an additional person may diminish or intrude upon it or perhaps the couple feels confident and depends on their mutual trust. It can also be a financial decision, so a doula is not considered in order to save money.

Some things to remember if you or your partner is reluctant to hire a doula:

A trained doula will help create and protect intimacy within the birth space. If labor is long or challenging, the primary support of even the most devoted father/partner might dwindle in sheer exhaustion. Doulas help partners discover their own strengths so that they can better support the mother. And if finances are an issue, ask for doula services as a shower gift, inquire in your area for a doula that offers payments, who barter or has a sliding scale payment system or simply save your pennies. **Doulas are worth it!**

Sometimes parents think that a close friend, family member, or a friend who is a labor & delivery nurse or maternity nurse would be a great labor support, because they've had experience in birth. The person who will support you **MUST** trust birth, trust you, and have enough experience in birth that she can be a creative resource in helping you through the birthing processes labyrinth of twists and turns. If the person at your birth is used to *managing problems* in birth, she will not necessarily know how to reassure you or make suggestions for getting through your birthing experience.

Birth is always fresh, primal, and unpredictable. A doula's birth experience knows this and is trained to provide helpful options, practical support, and a wealth of childbirth understanding when needed, in addition, the emotional knowledge of laborland and language that empowers you as a woman and mother. Your doula just might be the only consistent person who gives loving and continuous care to mother, father and baby, throughout labor and birth.

Your doula just might be the only person who gives loving and continuous care to mother, father and baby, throughout birthing. Primarily as a doula, Phyllis knows the birthing body and supports the birthing woman and has fully dedicated herself to being present and respectful of the mother and her birth experience. As a birthkeeper, she has studied and prepared long and carefully and has been initiated into motherhood 4 wonderful times birthing 1 girl and 3 boys.