

Stephanie Nobles, Birth Doula
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Dear Mom-to-be,

Congratulations on your approaching birth! Thank you for taking the time to learn about doulas in general and me in particular. A doula can be very helpful in many ways, including, but not limited to, encouragement, birth plan preparation, pain coping and relaxation techniques, continuous support for you and your partner, reassurance, and information gathering and keeping. Labor and birth is one of the most important events in a woman's life. It can be the most powerful yet surrendered event of your life. The doula you invite to your birth should be someone whose experience, training and personality is a good fit for you. Trust your instincts and choose a doula carefully. If we are a good match, I would be delighted to share in your birth experience.

I was trained at Bates Technical College in the Birth Doula Training Course and am certified through DONA. I have attended a fairly wide variety of births and helped all different kinds of moms. I, myself, am the mother of 2 very busy children, Emma age 12 and Gabriel age 9. I am a stay at home mom, so I have a very flexible schedule. I had a doula in attendance for both my births and am very satisfied with my birth experiences. I will never, however, bring my birth experience, and/or preferences to your birth. My job is to support you in whatever choices are appropriate for you.

I have included a copy of my contract and some information about birth and/or breast-feeding that you may find helpful. Feel free to contact me at any time to set up a meeting or ask any questions. I pray for a wonderful birth experience for you and look forward to hearing from you soon.

God Bless You,
Stephanie Nobles CD(DONA), Childbirth Educator