



Doulas of CNY

serving the Greater Syracuse Area since 2001

June 2013

Client Newsletter

Volume 2, Issue 6

Meet the Doulas in JUNE!

Join us to learn more about our agency and all the services we provide to expecting families. See inside for more info!

Thursday, June 27, 2013

6:30—8:00 pm

Ophelia's Café 407 in the Village of Liverpool
407 Tulip Street

Why Hire a Doula?

For a Better Birth Experience!

-- By Liza Barnes, Health Educator

Educating yourself about childbirth so you're able to make informed decisions is a great way to increase your chances for a smooth labor. But you can't possibly learn everything you might need to know. That's where a doula comes in. A doula is a trained labor support person who provides emotional, physical, and informational support during pregnancy, childbirth, and postpartum. She (they're usually women) absolutely doesn't replace medical care givers or your birth partner, but rather complements them. There are many ways a doula can assist you, such as:

helping you prepare your birthing goals, birth plan, providing suggestions and exercises to help you have a more comfortable pregnancy

- explaining medical procedures
- providing emotional support
- suggesting and providing non-pharmacological pain relief techniques (massage, heat therapy, positioning)

- assisting with breastfeeding
- providing partner support
- working as an advocate so your birth plan is carried out
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This list is just an example of some of the many services a doula may provide. Some fathers worry that a doula will take over their roles in the birth process/ Being a birth partner is challenging work, and most fathers feel a sense of relief and enjoy the birth experience more when a doula is present. Many women state that they couldn't have given birth without their doula, but doulas aren't just for first-time moms. Many women hire a doula for second and third babies and beyond. If you weren't happy with a previous birth experience, a doula could improve the outcome of the next one. In fact, research shows that doulas do improve birth outcomes.

Upcoming Events



WEE ONES HEALTH FAIR

JUNE 30th 1-4pm

North Syracuse Community Center!

Join us as we celebrate the summer with the enthusiasm of KIDS!

Doulas of CNY will be there because we LOVE babies of course!



Visit us and join our excitement! Find out how Doulas can help you in pregnancy, labor, birth and your family transition

ALL Summer Childbirth Prep classes may be held privately in your home at your convenience.

Call Doulas of CNY to register for all classes! 315-455-6MOM

Group Childbirth ed classes begin again in September

In this issue:

Events	1
Upcoming Events	1-2
Thanks	2



WE'RE ONLINE!

www.doulasofcny.com

Christine Goldman, Agency Owner

Email submissions to cnydoulas@verizon.net

We welcome photos, stories or relevant events!

Women supported by a doula during labor have been shown to have:

- 50% reduction in [Cesarean](#) rate
- 25% shorter labor
- 60% reduction in epidural requests
- 40% reduction in Pitocin use
- 30% reduction in analgesic use
- 30% reduction in forceps delivery

Six weeks after birth, mothers who had doulas experienced:

- Less anxiety and [depression](#)
- More confidence with the baby
- More satisfaction with their partner

Long-term benefits of using a doula:

- Improved breastfeeding
- Increased time spent with baby
- More positive maternal assessments of baby's personality and health, and maternal competence
- Decreased postpartum depression

How to find a Doula

**Come visit us at our
Meet the Doula Nite on June 27th... You will be
glad you did!**

For more information on choosing a doula, read these books:

The Doula Advantage: Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant by Rachel Gurevich

Mothering the Mother: How a Doula Can Help You Have a Shorter, Easier, and Healthier Birth by Marshall H. Klaus, John H. Kennell, and Phyllis H. Klaus



Doulas of CNY Facebook page

Upcoming Events & Thanks

June 18- For Babies Sake- Mother Earth Taft Rd N Syracuse- New mommy time, make new friends and share newborn tips. 10:00 - 11:30 am

June 12th- Mommy Meet Up Mother Earth Oswego- Share time with other moms and their toddlers. 6:30-7 pm

L@@K for date and time for the ANNUAL

YEAH BABY EXPO EVENT!

To be upcoming in the FALL!

We can't wait to see you all there!

