



What is a Doula ?

A doula provides kindness and comfort to a woman who is in labor. A doula is a woman who has an education and experience assisting women through the childbirth process. She will provide emotional support, physical comfort measures, an objective viewpoint and assistance to the woman in getting the information she needs to make informed decisions.

This is an especially important job, because this friendly care-taker encourages and provides support to a woman when she is giving birth, one of the most vulnerable times in a woman's life. A doula will pay special attention to the woman during labor and will not leave them during this time.

A doula will also assist with positioning and movement during the descent of the baby and pain management for the mother. She understands the physiology of birth and the emotional needs of a woman in labor.

Although doulas provide services first time parents will appreciate, many women who have already given birth one or more times find the addition of a doula to their birth team an invaluable support.

Doulas are also aware of the memories that a woman and her partner will carry with them of the birth and promote a positive birth experience. She perceives her role as one who nurtures and protects the woman's memory of her birth experience.

The acceptance of doulas in maternity care is growing rapidly with the recognition of their important contribution to the improved physical outcomes and emotional well-being.

A positive birth experience is one of the most empowering times in a woman's life.

Heather LeMaster
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HEATHER LEMASTER
BIRTH AND
POSTPARTUM DOULA
CD(DONA)

BIRTH ASSISTANT
STUDENT MIDWIFE





Heather truly believes that birth is natural and one of the most special times in a woman's life. It was her own positive experience with her doula that motivated her to help empower other mothers to be. Her doula's quiet and diligent support really gave her strength and helped her when the going got rough.

Heather has been a doula since 2003 and is DONA certified. Heather is a Midwifery Student as well as a Birth Assistant and Apprentice for Licensed Midwives in San Diego.

Heather's Prenatal services include a complimentary interview, prenatal visits and she will provide any necessary additional visits (1-2) as needed for questions, assurance and support. Birth services include continuous physical, emotional and informational support to mothers and families before, during and just after childbirth. She keeps an open mind to different types of massage, relaxation, breathing techniques, visualization, position changes, and emotional support to help move labor along.

Heather would be privileged to share this unique journey with you and your loved ones as you prepare for childbirth and motherhood. Please feel free to contact her.

Heather's Prenatal Services

- A complimentary interview with the expectant parents.
- Regularly scheduled prenatal visits.
- Additional (1-2) visits as needed to answer any questions or to provide assurance and emotional support.
- Will discuss exercise and physical suggestions to make pregnancy and childbirth more comfortable.
- Will assist with breastfeeding preparation.
- Will assist with the preparation of a birth plan

Heather's Birth Services

- Will be present during entire labor and afterwards as long as is needed by the parent(s).
- Provide continuous physical, emotional support during labor.
- Provide massage therapy and other non-pharmacological pain relief measures.
- Will offer positioning suggestions during labor and birth.
- Provide support for the partner so that s/he can provide support and encouragement to the laboring woman.

Heather's Postpartum Services

- Will schedule (1-2) postpartum visits to answer any questions as needed.
- Will provide initial lactation assistance.



*Doula is an ancient greek term
"a roman caregiver of another roman."*

Heather welcomed her first child in September 2005. As a result of her own positive experience, Heather would be privileged to share this unique journey with you and your loved ones as you prepare for childbirth and motherhood. Please feel free to contact her.

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