

21 February, 2011

Tammy Halliday worked as our doula for the birth of our son. This is what we observed about the way she practiced.

1. She works well with other people. Tammy adheres closely to her clients personal wishes (where applicable and when reasonable). She listens very carefully, and is very easy to get along with.
2. She behaved in a professional manner. Tammy clearly presented material that was well researched. Her knowledge was excellent, and suggestions well considered.
3. She provides effective responses to enquiries. Our religious beliefs demanded that that no blood products be used during or after birth (on the mother or baby). Tammy suggested effective alternate strategies. These strategies were successful.
4. She responded well to difficult or challenging behaviour. Tammy was present for the entire 20 hour birth process (4am – 11.30pm), and was on the phone throughout the night before arriving, to keep abreast of events as they unfolded. Her attendance was focused, reassuring, and always helpful. She was very respectful of our personal space as a couple at this special time. She clearly explained our religious beliefs to staff at the hospital, when we were unable to. After considering advice from all the medical professionals present, and then marrying this advice to our religious beliefs, Tammy was able to provide us with a verbal report that respected our wishes, and provided us with best medical care.
5. She used basic counseling skills to facilitate treatment. Tammy showed empathy and understanding at all times when dealing with us both (we were very nervous first time parents).
6. She was able to refer to other health care professionals. It was Tammy that noticed our son's tongue tie and promptly referred us to Lisa Amir, who was able to assess and fix it. Also, she referred us to a lactation consultant, Anita Daly, who was able to help us with our breast feeding issues.
7. She was able to identify variations from normal in general health areas. Elaina (the mother) has a history of Chronic Fatigue and hyper-sensitivity to chemicals. Any administering of any drugs was to be avoided, if at all possible. Tammy suggested homeopathic alternatives, which aided pain relief and contributed to Elaina's overall well-being during, and after the birth.

Lain and Elaina