

To Whom It May Concern,

Tammy Halliday was our Doula for the birth of our first son in September of 2010, and we would have hated to have done it without her!

Tammy was incredibly helpful, knowledgeable, reassuring, and supportive. Her love and passion for her job was awe inspiring. She really helped my husband and me to take control and enjoy our birthing experience.

She was always professional, and yet she felt like a dear friend. The staff at St Vincent's Private loved her too, and continued to sing her praises even after she had left the hospital.

Tammy was also a great support to me during my pregnancy, especially as the end drew near and I was becoming increasingly more nervous. She was always checking in with me and reassuring me. She was able to offer me incredible information on absolutely everything, from homeopathy, to how to get my blood pressure down so as to avoid a caesarean (which worked wonders). She had some great suggestions of things I could do in the lead up to the birth to help prepare my body, as well as referring me to a lovely Naturopath.

She was also a GREAT support to my husband during the birth; he would later say that he would never go through "that" again without her!

Within a few hours of giving birth I already missed it. It was the most amazing and spiritual event in my life. Without Tammy there is no way that I would have felt that. Having Tammy with us through this process enabled me to relax and enjoy the journey with very little fear. She helped me to see the beauty in what we were about to experience.

I have told anyone that will listen about Tammy, I'm one of very few (that I know of) that when asked about my birthing experience say "I loved it", and that is all due to Tammy.

I look forward to working with her again.

Kind regards,
Emmaline