

28/02/2011

To Whom It May Concern,

- * Tammy was our Doula for the birth of our first baby, a wonderful baby boy born 2 weeks ago on Feb 15, 2011
- * We could not have had such an empowering, positive birth without her guidance and assistance throughout (as the birth did not end up being quite as straightforward as we had initially hoped)
- * Tammy was very instructive before the birth, preparing us for the journey with loads of information
- * Even before labour commenced, as Helen's waters broke before labour commenced, she was able to help us determine if anything was outside normal
- * Tammy came straight to our place when we asked her to, even though labour had not quite commenced, and remained until well after the birth
- * At home and at hospital, Tammy helped maintain a positive and relaxed atmosphere, with plenty of suggestions for movement and relaxation
- * She also helped us stay at home for as long as possible, guiding us through the stages until we went to hospital
- * Helen managed to achieve full dilation without any drugs. Our little baby decided that he did not want to engage, even after several hours of pushing
- * Even at the critical time of our decision to have a caesarean operation, Tammy was exceptionally helpful and supportive, taking us through the benefits and risks of our decisions. We never felt she was pushing her agenda on us, but was always there to help us
- * Tammy worked well with the medical staff at the hospital
- * After the birth, Tammy has been to visit, and has been a wonderful source of helpful information and suggestions for caring for our new little wonder-boy.
- * I think the best praise (apart from ours) came from our Obstetrician (Dr Peter Jurcevic), who said..."You did well choosing your Doula. A lot of them can be quite intimidating. Tammy was, well, really helpful"

Regards,

Rohan & Helen