

February 2011

Reference for Tammy Halliday; doula.

Tammy Halliday was present for my last two births. Not only is she a professional, but now also, my friend.

The first time I met Tammy, I was pleasantly surprised at how calm, relaxed and tactful she was, yet so professional. As I was listed as "High Risk", Tammy was very informative and supportive of my decisions - mainly, I wanted an epidural!

She helped me devise my Birth Plan, gave professional and friendly information to my mother and husband, checked up on me with phone calls, accompanied me on hospital visits (if required) and spoke to medical staff when requested. Tammy was always there to back me up.

Tammy not only provided the answers I needed, but also asked me questions that made me think about other options to my birth plan, mainly, whether there was a way to avoid being induced, which I had been twice before.

For my fourth birth, I did go into labour naturally, which was pleasantly a lot more natural than the other three times.

At this birth, Tammy was present (at 2am!) and never wavered with what I wanted. The staff at the hospital and Tammy worked very well together. Tammy was even allowed to witness my epidural procedure.

Having Tammy present at my births made me very calm, particularly knowing she would ensure I had a "voice".

I recommend Tammy to all my girlfriends who are pregnant, or who even need some motherly advice with their little ones.

Jemimah
Mother of Four