

Tammy Halliday Reference,

I first fell pregnant I was petrified of doctors and hospitals after personal experience. My brother was severely handicapped at birth due to Hospitals and doctors intervention. So I was determined to have a natural birth but not sure how to go about it. Tammy's gift to me was to be there at my first birth and to this day, I will not go into a labour ward without her by our side. I know she cares about my needs. My husband, myself and my baby even the toddler left at home were catered for during my second birth.

During my first birth I had a long and arduous labour in which I rarely saw a doctor or midwife, and when I did they said all kinds of positives and negatives but I didn't mind as each time Tammy would give us a nod of everything was going fine and progressing well. I loved the way she respectfully supported our wants and helped diffuse the hospitals needless regulations of monitoring which tied me to the bed, so she found other ways of helping me stay active and calm. While chatting to the staff she was able to answer all our questions without us feeling panicked. She laughed, cried and felt our pain with us, which was so comforting. I birthed drug free and could not have done this without Tammy. Her loyal support and genuine selflessness is amazing.

I have now learnt that the birth is only a small part of what a doula does, no one else but Tammy prepared us for the breastfeeding and settling that is required Oh, **and** helped pack and organise my hospital bag and sleeping clothing arrangements for when I came home. That was a huge help more then she will know, that first breastfeed and settling that I did at home still bring back a nervous shiver but she was there to give us that sense of calm control.

The maternal nurse said I was the most anxious mum she had met, but Tammy would quickly tell me how great I was doing, which helped so much more. All the practical help with feeding issues (including mastitis!), bleeding stitches, wind, crying, sleeping and general well being were discussed at length. I remember so much of her great advice as I care for my second child. Our first son breastfed till 2 years of age, and we are enjoying the benefits and breastfeeding our second child with the same passion.

Tammy is worth more than money; she has the ability give valuable information about everything and yet humbly allowed us to make all the decisions supporting our beliefs. Such a professional approach. Her eternal youth and personal interest in us stretches above and beyond. She made everything OK regardless of circumstances. I now feel nervous for mums that give birth without her or a doula but that is why women need to be educated about birth and the support they need. Hospitals are there for when something goes wrong. It is crazy that we are put through rituals of the medical industry that disregard the amazing process of child birth and baby care. We cannot repay what Tammy has given our happy little family that we now enjoy. I know there is more I want to say but must get some sleep.

Please contact me if I can give you any further information

Lauretta