

14/02/2011

To Whom It May Concern:

Tammy was my Doula for birth of my son Zoran in August 2010. She was a tremendous support to both me and my husband before, during and after the birth of my son.

She has excellent communication skills and was well organised at all our meetings prior to the birth. She provided excellent information on how to achieve our goals which was a vaginal birth with no drugs and as little intervention as possible.

She was professional at all times and displayed great interpersonal skills at the hospital with both the midwives and my obstetrician during labour.

Tammy's knowledge and information was invaluable on the day I went into labour. For example, the information she was able to give my Obstetrician about water injections for my lower back for pain relief was successful.

Not only did she help us successfully achieve our birth plan, she also provided ongoing support in relation to breast feeding. Due to some problems with breastfeeding, Tammy was the first to recognise that my son was tongue tied at which point she referred me to a lactation consultant who confirmed this and took the necessary action which improved the situation.

I would highly recommend Tammy as a Doula.

Sincerely,

Sonia & Jarrad