



# DOULA NANA

Supporting and nurturing  
your birthing experience



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Mother - Nana - Doula

 **Expertise**  
#3 Doula in Cleveland 2017

Please visit: [www.DoulaNana.com](http://www.DoulaNana.com)

## What is a doula?

A doula is a "woman who serves" another woman who is giving birth, a role women have chosen for ages.

As a doula I will support you emotionally, physically and educationally, and perhaps in many ways spiritually throughout the last months of your pregnancy, during labor and through your birth.

### Did you know?

Having a doula present before and during birth can decrease length of labor, use of epidurals, Pitocin, cesarean section and forceps but even more importantly, studies have shown women who used doulas had a more positive feeling about their birth, their newborn and even about their partners.



*A doula can be a sherpa!* "Asking your husband or partner to be your sole guide through labor is like asking him to lead you all the way to the summit of Mt. Everest. Yes, he may be smart and trustworthy, and you love him, but in the Himalayas you'd both be a lot better off with a Sherpa!" ref. Birthing from Within by England and Horowitz



### If you choose me as your Doula:

I will help you focus on what you want during your labor and birth.

I can support, reassure and relieve your chosen partner especially during a long labor.

I have a perspective about your birth which your partner won't have. I can support you during your labor and won't be affected or overwhelmed by your emotions.

I will help you to ask your medical providers the right questions so you can make the best decisions for you and your baby.

I will be there for you once your baby is born, even if the medical staff has to focus on your newborn.

I will visit you either in the hospital or in your home postpartum, not only to tell you what a great job you did, but also to help you and baby settle in.

The birth of your child is a sacred and life changing event. I look forward to meeting you and your husband or partner.

I can be reached at: 216.544.0282 or [cdmachan@DoulaNana.com](mailto:cdmachan@DoulaNana.com)