



What is a Doula?

A doula, simply, is a professional labor “coach”. She provides continuous physical, informational and emotional support to a woman and her partner before, during and directly after childbirth.

Why Hire a Doula?

A doula’s support at birth has been medically proven. In randomized, controlled studies, the presence of a doula has shown to have amazing benefits:

- **25% reduction in length of labor**
- **50% reduction in cesarean birth**
- **50% reduction in need for Pitocin**
- **34% reduction in rate of forceps or vacuum**
- **30% reduction in requests for pain medication**
- **Healthier moms**
- **Healthier babies**
- **Better parenting experiences**
- **Happier family relationships**
- **Long-term breastfeeding success**
- **Lower postpartum depression**

As Marshall Klaus, MD once said, “If a doula were a drug, it would be unethical not to use it.”

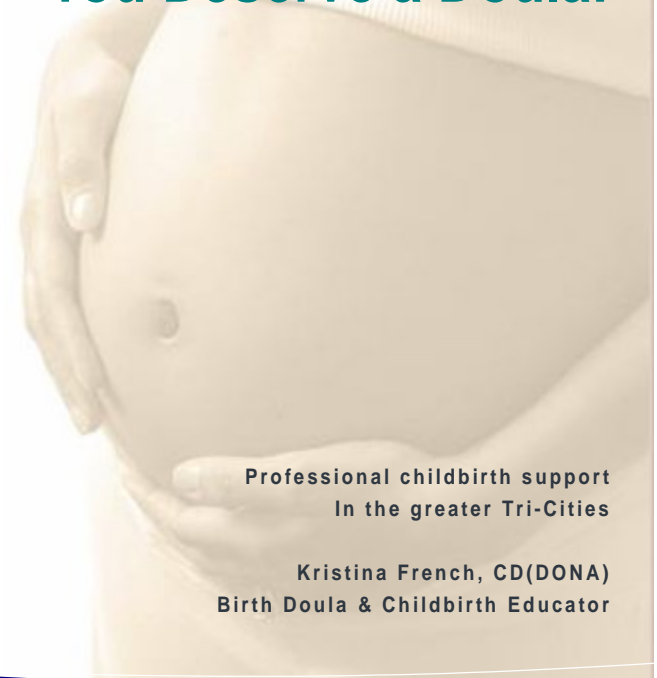


**THREE RIVERS
BIRTH SERVICES**

Independent Birth doula and Childbirth Educator

Kristina French, CD(DONA)
Serving the greater Tri-Cities, WA
509.628.8790 ph
4frenchs@charter.net
www.threeriversbirth.com

Pregnant? You Deserve a Doula!



Professional childbirth support
In the greater Tri-Cities

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“A welcomed friend to sit with me while [the birth team] busied around doing their thing...you quietly talked to me about this and that...it was very comforting.”

- MOTHER AFTER A HOMEBIRTH

“I gave birth without an epidural!
This wouldn't have been possible without Kristina!”

- SINGLE MOTHER AFTER A HOSPITAL BIRTH



My name is Kristina French. I'm a DONA certified birth doula. I believe that female bodies are perfectly designed to birth, and that birth is a beautiful rite of passage – whether or not medical treatment is a part of the birth. I attend all kinds of births, from more natural to more interventive, at all area hospitals and at midwife-attended homebirths. I look forward to helping you achieve the kind of birth you desire and deserve.

What I do for you

Depending on your needs and desires, I can help you with:

- Spending time with you prenatally in your home to understand your unique needs and desires
- Unlimited phone and email support
- Coming to your home in early labor to provide one-on-one birth support
- Helping determine if it is time to head to the hospital
- Massage and touch
- Position suggestions
- Aromatherapy
- Relaxation and visualization
- Acupressure
- A calming presence
- Running errands/giving breaks to your partner
- Counseling to meet and overcome birth fears
- Problem solving a slow labor, a fast labor, back labor or a malpositioned baby
- Photographs of your birth
- A written birth story/timeline in my words
- Reminders to eat, drink and use the restroom
- Breastfeeding assistance
- Baby and mother care tips
- Help adjusting to the postpartum period
- Private or group childbirth classes
- Resource referrals

KRISTINA'S TRAINING

- DONA BIRTH DOULA CERTIFICATION – A PROGRAM THAT TOOK 9 MONTHS TO COMPLETE.
- SEATTLE MIDWIFERY SCHOOL LABOR SUPPORT COURSE TAUGHT BY PENNY SIMKIN AND CARRIE KENNER
- PASSION FOR BIRTH (LAMAZE) CHILDBIRTH EDUCATION TRAINING
- BIRTHING FROM WITHIN CHILDBIRTH EDUCATOR TRAINING



DOULA MYTHS DEBUNKED

A doula is not the same thing as a midwife, and is not a medical professional but is a member of the greater birth team. She's focused solely on your emotional needs, while the doctor/nurses/midwife also present focus on your medical needs.

A doula will not try and replace a husband/partner, but enhances their support. Although she'll provide you with general medical evidence, a doula recognizes that this is YOUR birth, and will help you achieve your goals as you define them, whether you want drugs for pain or not.

Nurses are on shifts and have other patients and many clinical responsibilities and cannot provide continuous support as a doula will.

Midwives do provide wonderful personal care, but they are also responsible for medical tasks and sometimes must leave your side.

By the time of your birth, your doula will not be a stranger and will actually be the most familiar, comforting face on your birth team.

There are many factors that influence the medical routines you receive in a hospital. Unlike a doula, the medical staff does not work solely for you.

Childbirth classes are invaluable, but when labor gets going it can be hard to remember everything you've learned in class. Having a doula at your birth is like having your childbirth educator with you.

“You took care of me physically so that my husband could help me emotionally.”

- MOTHER AFTER A HOMEBIRTH



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“I was so impressed.”

- TEEN MOM AFTER A MEDICATED
HOSPITAL BIRTH