



Giving birth and preparing to give birth is about opening.

Opening to new life, opening to new feelings,
opening to new challenges and opening physically.

The more relaxed you are, the easier it is to
trust and open.

What is a Doula?

A **Doula** cares for the emotional and physical needs of a birthing woman. A Doula's role is to encourage the woman's self-confidence, help her find positions that are most comfortable and effective, protect her privacy, and to create a bubble around her that does not permit outside distractions, pressure, or fears from inhibiting the natural rhythm and progress of her labour. A doula does not perform any clinical or medical tasks such as blood pressure checks, foetal heart monitoring or providing medical advice.

Proven effectiveness

A series of studies done by paediatricians Marshall Klaus and John Kennell have proven that the routine use of Doula's is safe, effective and cost-effective. Moreover, women who have been attended by a Doula are far more satisfied with their care, less likely to sue, and more confident in their own ability to make decisions after birth. As Dr. Kennell has said, **"If a Doula were a drug, it would be malpractice not to use it."**

Women supported by a doula during labour have been shown to have:

- 50% reduction of caesarean rate
- 25% shorter labour
- 60% reduction in epidural requests
- 30% reduction in analgesia use
- 40% reduction in forceps delivery

Postnatal Doula's offer help in a wide range of tasks which include: getting breastfeeding established; caring for the baby while mum takes a shower or a nap; helping out with siblings; and generally listening to and supporting the whole family.

Doulas fill the gap

Australia has no system for providing routine one-to-one labour support by midwives in hospitals and has no system for providing routine one-to-one postnatal care for mothers and babies in their own homes. Hospitals are understaffed which results in midwives being unable to spend the time with women during and after the birth that they would like to. This is a major part of why Doula's are increasingly important and more and more commonly employed by couples.

The process

Choosing the right support person is very important. A doula is someone who just feels right for you, has your agenda at heart and is there completely on your terms - a rare thing!

The first step is to meet with me, ask any questions and get to know each. This is a very casual meeting, I usually come to your home and there is no charge for this meeting.

You will have a gut feeling about who is the right doula for you, I always encourage people to trust their instincts, no doula is offended if you don't choose her, she is always just happy for you to have the right support for you.

Depending on what package you choose, I meet with you a number of times before and after the birth of your baby both at your home and in my rooms in Camberwell. These meetings are always different as they depend on what is right for each person.

Things we commonly do together:

Before the birth

- Creating a birth plan - this includes going over all possibilities and options so you know and I understand your preferences and your ideal birth vision .
- Foot massage - I usually use plenty of touch during labour so a foot massage is a great way to get used to my touch and to give you a nurturing relaxing massage!
- Watching birth DVD's.
- Lots of listening - you are usually feeling and thinking about a lot of things in the lead up to birth, I am there to listen.
- Possibly a birth blessing or helping you set up a meal tree for after the birth.
- Bodywork, Breathwork and Birth Hypnosis are options we can build in to your package

During the birth

- We are usually in close contact around your due date. When any sign of labour happens you call me and I come whenever you want me to, this can be early at home, later at home, or later at hospital.
- If you are having a hospital birth I can support you at home and advise you on when it is a good time to go to hospital - this is very helpful to avoid going to hospital too early.
- Lots of reassurance - the most common question is; "is this normal?" it is great to have someone just there to say, "yes" .
- Lots of encouragement, the body knows what to do but the mind is not so sure, with lots of encouragement and positive, nourishing words, the mind can relax and let the body do its thing - I use language I have learnt through the HypnoChildbirth process to really help the body enter deep relaxation.
- Touch - massage and pelvic movements can help both relax and help the pelvic opening creating as much space as possible.
- Suggesting positions and movements - I watch the woman in labour, often she finds a good position that works for her, when I see she is no longer in a good groove, I suggest options to help her find the next position that can work best.
- Explaining things, if you are offered some information or options from your care givers (such as pain relief or other medical procedures), I can help explain these options, so that you can make a positive choice for yourself in the situation.
- I trust birth - it can be very intense and sometimes scary. It makes a huge difference to look up and see a face that you know, and see trust, faith and love coming back, this applies to both the woman in labour and her partner.

After the birth

- Again lots of listening - there is usually a lot of talking about the birth
- Lots of reassurance - again with early parenting the most common question is; "is this normal?" it is great to have someone just there to say, "yes"
- Just being there with the normal day to day things to see where I may offer a useful tip on things such as feeding, sleep, settling etc.
- General nurturing

About Anna Urbanski



Birth is one of the peak moments in life, and having a positive birth experience can impact a woman's relationship with herself, her baby, her partner and even her own mother and women in general. It is a miraculous and awe-inspiring event. Having the right support brings confidence and can make an extraordinary difference to the outcomes and to the way parents feel about themselves and the birth of their child. As a doula I get to make a difference to people's lives. I feel privileged to support couples at this wonderful time.

My approach is to acknowledge and encourage each woman to hold herself in the truth of her divinity and to practice opening to all of the new experiences pregnancy brings so that she can harness her birthing power throughout her pregnancy, and be well prepared for the moment of birth and the unfolding of motherhood.

What women have said about Anna's support as their doula:

"I am eternally grateful for Anna being there. It made for a very, very positive experience. It is also something about her and who she is. This is her calling."

Lucy, mother of Archie.

"Thank you so much for assisting with the birth of our son Joel. Your help was invaluable and it allowed us to keep focussed on achieving our ideal natural birth, without any intervention. Our whole birth experience second time around was a beautiful one that we will cherish forever. We thank you for helping us achieve it."

Sonia, mother of Joel.

"Anna supported me during a 12 hour labour with my first child in 2003. She was born to be a doula and has such a gift for making birth a positive event. Our visits pre the birth helped me work out how to approach the birth realistically. Her support helped me be present to the amazing experience that birth is and also allowed my partner to enjoy the birth too. Anna's strengths are her ability to read a situation and offer alternatives to keep the labour progressing, to know when to be close and when to allow some space and to be such a shining spirit that is willing the baby safely into the world. We asked Anna to be present at the birth of our second child recently and have recommended her to our friends. She is an exceptional doula."

Sandy Killick

"We chose Anna to be our doula because of her knowledge, passion and trust with women and birth. Her confidence and knowledge was reassuring when we were considering a home waterbirth for our 4th child, and also a lotus birth, which was an idea relatively new to us. She trusted me and what I wanted for my pregnancy and birth and helped me find my challenges during the pregnancy and face them. She nourished me with a blessingway ceremony, massages and long chats during my pregnancy and held the space like a true birthkeeper at the birth. After the birth she made sure that all 6 of us in my family were well fed and content. Anna was fantastic to have around. Anna, with the trust and love she has for the women she is with is really heartfelt and empowering."

Sheree Stewart

Doula Support Packages

Basic Package \$1200.00

The Basic Package gives the minimum level of contact to enable me to get to know you, and to create a good level of comfort and trust between doula, mother and partner/family.

The package includes:

- two visits before the birth and two after the birth (visits average between 1 – 2 hours duration)
- Birth Planning
- Support during labour and birth
- Resources and information for pregnancy labour and birth
- Relaxation and emotional support before during and after birth
- \$400.00 deposit payable on booking, payment plan arranged for remainder of payments at time of booking.

Full Package \$1500.00

This package gives a good level of contact for me to get to know you. Extra time provides a deeper level of intimacy and trust in the lead up to the birth, and extra nurturing after your baby is born. The first six weeks after your baby is born, are of particular importance in achieving good physical recovery after the birth, in establishing confidence and minimising isolation.

The package includes:

- Three visits before the birth (visits average between 1 – 2 hours duration)
- Three post natal visits covering the vital 6 week period
- Birth Planning
- Support during labour and birth
- Resources and information for pregnancy labour and birth
- Relaxation and emotional support before during and after birth
- \$500.00 deposit payable on booking, payment plan arranged for remainder of payments at time of booking.

Deluxe Package \$2000.00

This package includes birth hypnosis and bodywork sessions to support you to travel deeply in your pregnancy and be fully prepared to birth.

The package includes:

- Four visits when you want them before or after the birth
- Birth Planning
- 3 bodywork Sessions
- 3 birth hypnosis Sessions or Birth Preparation Classes
- Support during labour and birth
- \$500.00 deposit payable on booking, payment plan arranged for remainder of payments at time of booking.

Additional Services

Ask for more information on these services

Hourly rate beyond 12 hours at the birth	\$40 per hour
Post Natal Support min. 2 hrs per visit	\$120 first two hours, \$40 for subsequent hours
Blessing Way ceremony a special womens ceremony honouring birth	\$200
Bodywork learning how to connect with and understand your body, to breathe deeply with intense body sensations and releasing held or stuck emotions, tension and stored wisdom through subtle and sacred bodywork	\$130
Breathwork releasing emotions from the present and the past, helping you to face any challenges that are arising in preparation to birth	\$130
Counselling emotional connection to gain perspective, clarity and access to your own wisdom	\$130
Birth Hypnosis Learning how to let go of the mind so that the body can simply relax and birth 4 sessions plus 2 CD's and personalised script	\$130
Childbirth Preparation Classes for body mind and spirit. My aim is to have you complete the classes feeling truly prepared. Teaming the knowledge you need with the wisdom your body already knows. Classes are intimate and designed for 1 – 2 couples for maximum individual involvement. Scheduled to your needs – over two Saturdays.	\$350 per couple

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