A birth doula provides emotional and physical support for the birthing person and their partner. Through prenatal appointments, the doula provides resources throughout pregnancy and helps you prepare for your upcoming birth. During your labor and birth, your doula will be an important advocate and member of your support team. Doula Divine hopes to guide each birthing person through the process discovering their individual needs to attain an autonomous birth experience.

The doula serves the client and their partner in the following ways:

* Emotional, physical and educational support during pregnancy, birth and postpartum
* Email/text/phone support during business hours (or after hours in unusual circumstances)
* A prenatal visit or two (approximately 1.5 hrs. each) to get to know your unique preferences for this labor and postpartum period
* I will be reachable 24/7 beginning two weeks prior to your estimated due date.
* Facilitation of your birth vision, including but not limited to comfort measures, movement, positioning, comfort measures, aromatherapy, additional music and/or special prayers and scripture, or anything else that feels supportive to you, either as included on your intake form, or as requested in your birthing room
* \*Working with your partner (if applicable) to establish and maintain a peaceful and positive environment and working with the staff and providers to establish rapport and to ensure that you have enough information to make informed decisions about your care