

**Becky Gerson, CD(DONA), HBCE**  
**Birth and Postpartum Doula**  
**HypnoBirthing Childbirth Educator**  
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## **Prenatal Visits**

- 1) Desires for your doula  
Partner's role/needs/desires for involvement  
Nutrition  
Beginning to discuss the physiology of labor and birth/What to expect  
A bit about birthing time tools: Aromatherapy, TENS, Rebozo, Miles Circuit  
Pain medication and intervention preferences  
Cesarean birth with a doula  
Beginning your birth plan  
Working through fears  
Questions
  
- 2) Getting your body ready, including spinning babies options  
How/when to contact Becky  
Role and limits of the doula/back-up  
Directions to your house/the hospital/the birth center, including parking details  
Going to the hospital or birth center: how to prep and when to go  
Reviewing your birth plan  
Breastfeeding  
Recovery  
Working through fears  
Practice coping techniques and positions for labor and birth  
Questions