

What Is A Doula?

"The term "Doula" has its origins in Ancient Greece, and it refers to a woman that is trained and has experience in assisting a woman through labor. The role of a doula is to support a woman in labor, wherever she chooses to give birth--a hospital, at home or in a birthing center. They provide continuous physical, emotional, and educational support from when a woman is pregnant, to birth, and after birth, when the baby is brought home. It is important to note that a doula is not a midwife, nurse, or medical practitioner. They do not provide medical, nursing, midwifery or therapeutic care, nor will they comment on, interpret or judge the care that is provided. They are there in a purely advisory and supportive capacity." *



"Faith makes all things possible.... Love makes all things easy"

- D.L. Moody

Contact Us

For information regarding an appointment or to inquire about North Shore Doula Care please contact:

Nicole Cison

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info@northshoredoulacare.com

t: 847.681.1856

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Resources

POST PARTUM DEPRESSION HOTLINE:

1-866-364-MOMS (6667)

Toll-free, 24hrs a day,
7 days a week

BREASTFEEDING SUPPORT:

Breastfeeding Helpline

1-800-994-9662

Monday-Friday
9am to 6pm EST.

www.womenshealth.gov



DOMESTIC ABUSE VIOLENCE HOTLINE:

National Service

1-800-799 SAFE (7233)

or www.NDVH.org

*www.naturaltherapypages.com.au



North Shore Doula Care

Knowing What You Need
When You Need It Most

Don't know what to expect when you're expecting?

Let North Shore Doula Care help you...

- Learn the tools to birth safely & effectively
- Support you & your partner during labor & delivery
- Help your new family or growing family adjust to the changes a new baby brings
- Provide resources & support for post partum depression, breastfeeding, & newborn care

Learn more about the doula difference...



Philosophy

North Shore Doula Care was started to enhance the existing prenatal care women currently receive. We believe all women and their families deserve exceptional care at a time when many changes are taking place.



Nicole Cison
Owner/Doula

The transition to parenthood often times can be overwhelming for many parents. At North Shore Doula Care we recognize the growing need for birth support. Each year more and more women wisely choose to take the worry and anxiety out of pregnancy, birth and the post partum period by hiring Doulas. With our gentle approach and support you will be able to confidently face the challenges and rewards that await you.



The Benefits of Having a Doula

- Reduced duration of labor by 25%
- Reduction in epidural requests by 50%
- Reduction of cesarean section by 50%
- Reduced levels of maternal anxiety
- Increased maternal sensitivity toward newborn
- Higher rate of breastfeeding success
- Reduced incidence of post partum depression

What does North Shore Doula Care provide?

- Continuous support during pregnancy, birth and post partum
- Help in preparing a birth plan
- Support and guidance for partners
- Personalized birth story and pictures
- Breastfeeding support
- Resources for post partum concerns
- Post partum home visits

We Do Not Provide

- Medical advice or make decisions for clients
- Medical exams and/or procedures
- Second opinions regarding health
- Housekeeping services



Doula Ethics

Every woman has the ancient wisdom to give birth. Mother Nature has provided the tools to give birth gently and effectively if allowed. At North Shore Doula Care it is our goal to assist each client in their personal birth plans with the hope that every birth is an exciting and happy journey into parenthood. As Doulas, we respect the birthing process and also understand that complications can occur and medical assistance may be necessary. The health of mother and baby are always considered first when a need for intervention arises.