



Happy Pushing

-Birth Doula Services

Qualifications

Doula Education:

DONA International Birth Doula

Certified Birth Doula - 2011-Present

Certification Requires:

- Attend 2-day DONA Birth Doula Workshop (April 2010)
- Attend a Childbirth Education Class (April 2010)
- Required Reading-"The Doula Book", "The Birth Partner", "Pregnancy, Childbirth & Newborn", "Ina May's Guide to Childbirth", "The Nursing Mother's Companion" & DONA Position Paper.
- Attend Breastfeeding Basics Course
- Prepare a Community Resources Document
- Attend 3 Certifying Births with Positive Evaluations from Mother, Doctor/Midwife, & Nurse.
- Write an essay on the Value of Labor Support

Doula Experience:

I have attended 35 births, from Redding to Paradise, since the fall of 2009. The table below gives the basic details of the births I have attended. (Includes one Home Birth!)

Statistics 2009-Present (34 births attended)		
Hospitals	Mercy Medical - 4	Enloe - 14
	St. Elizabeth's - 6	Feather River - 10
Epidural	Not Used - 21	Used - 14
IV Pain Medication	Not Used - 27	Used - 8
Induction/Augmentation	Induction - 3	Augmentation - 13
Careprovider	Midwife - 11	Obstetrician - 24
Mode of Birth	Vaginal - 33	Cesarean - 2

Additional Training: *(Doula Recertification requires 15 contact hours of continuing education every 3 years)*

- Essentials of Human Lactation April 2011
- Perinatal Mood and Anxiety Disorders: Components of Care April 2012
- Adventures in Tie-Land (Lip Tie/Tongue Tie effects on Breastfeeding) April 2014
- Lamaze Childbirth Educator Training October 2014

Doula Background:

I grew up on a dairy in Anderson, CA the youngest of six children. I attended Shasta College and California State University, Chico, graduating with a Bachelor of Science in Agriculture Business in 1997. I spent several years in the retail feed store business and began working in the environmental consulting industry at VESTRA Resources, Inc, in 2002. I recently became a Lamaze Certified Childbirth Educator (2017) and look forward to teaching! I currently reside in Tehama County with my husband, two children, and our cowdogs.