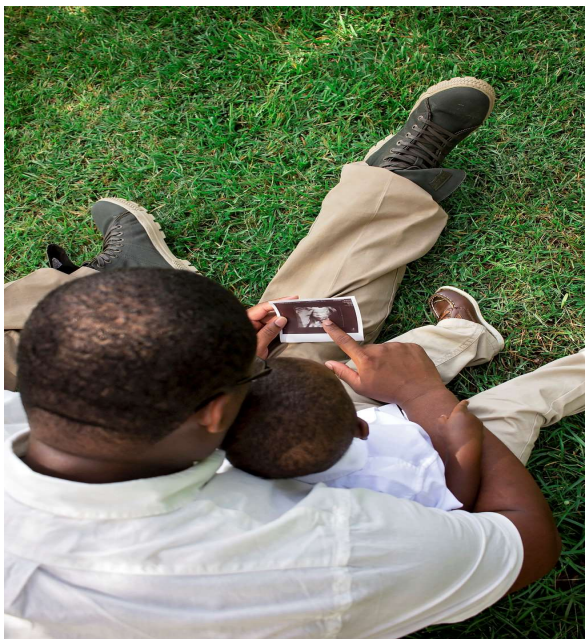


Emotional Support

“Lack of support can be associated with postpartum depression and can compromise both the mother and infant (Corrigan, et. al 2015).” Your partner is not excluded in this process. Giving support to your partner is the same as giving support to you. A doula is not there to replace your partner but to step in and give breaks and guidance.

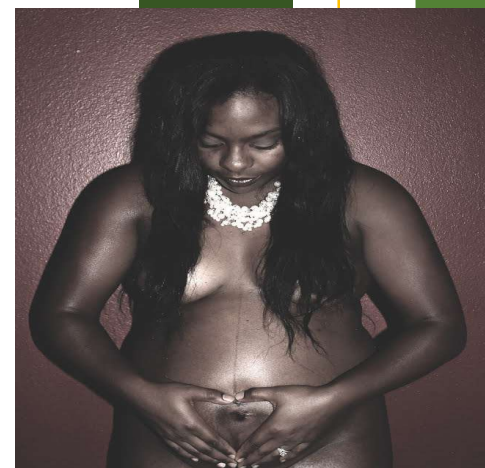
“Natural delivery is distressing and the mother's severe pain and anxiety in this condition can have negative impacts on the fetus, mother, and the delivery process (Akbarzadeh, et. al, 2015)”. A doula can help reduce stress levels and laboring time. Having a birthing plan and education.



About Me

My name is Johnnetta, I am married with two handsome boys. I love to listen to audibles and the outdoors. Before becoming a doula, I have attended births and supported other women during their laboring process. I loved being pregnant, both experiences were different and great throughout all the complications. I suffered from postpartum depression after each pregnancy and although I would love to have more kids, due to postpartum depression my husband and I decided to cut it off at two. I look forward to supporting other women through their birthing experience. I hope to get to know you and provide services dedicated to your needs.

Website: www.naturaltoyou.com



Natural to You

Johnnetta Rutledge, PLPC, BCD, BPE

337-789-0272



Labor and Birth

Having a baby should be a positive experience, so my main focus is to create a comfortable environment for you to bring your baby into the world and begin bonding immediately. Natural to You provide continuous support during your labor and birth that may include massage, relaxation techniques, emotional & partner support, positioning suggestions, and help with breastfeeding establishment.

Postpartum Care

Your doula will stay in close contact with you after your birth to provide any assistance you need for healthy development. During your postpartum visit your doula will review your birth story, help with breastfeeding, suggest referrals as needed and answer any questions you may have.

Packages

Natural Support \$950: 2 prenatal visits, on call support from 38-42 weeks, continuous labor and birth support, immediate postpartum support, and a postpartum visit.

Natural to Me \$1,125: Natural Support, plus Prepared Feeding - self-paced breastfeeding class.

Make it Natural \$1,200: Natural to Me, plus Meditation/Hypnosis tracks 24/7 & Pregnancy support Preparing for Birth.

“You Define Your Natural”

Whether you plan for a cesarean delivery, vaginal delivery, VBAC, epidural or not. Natural to You will be by your side.

Email:

naturaltoyoudoula@outlook.com

References

Corrigan, C. P., Kwasky, A. N., & Groh, C. J. (2015). Social Support, Postpartum Depression, and Professional Assistance: A Survey of Mothers in the Midwestern United States. *The Journal of perinatal education*, 24(1), 48–60. <https://doi.org/10.1891/1058-1243.24.1.48>

Akbarzadeh, M., Masoudi, Z., Zare, N., & Vaziri, F. (2015). Comparison of the effects of doula supportive care and acupressure at the BL32 point on the mother's anxiety level and delivery outcome. *Iranian journal of nursing and midwifery research*, 20(2), 239–246.

What is a doula?

A doula establish trust with the mother and support system (spouse, partner, parent, etc.) giving physical, emotional, and informative support to the client during pregnancy, birth, and postpartum. A doula assists with massages and breathing techniques, etc. Any questions or concerns that may arise during pregnancy can be answer. Remember a doula NOT a doctor, always check with you OBGYN

Prenatal Care

Making you and your partner comfortable throughout your pregnancy is vital. Birth can be challenging mentally, physically, and emotionally. During our prenatal visits, we will go over your birth plan and postpartum plan. To help you feel completely prepared, supported, and empowered during birth. Remember your doula is one call away.