

THE NEW YORK
DOULA



MIDWIFERY EXPERIENCE
BIRTH EXPERT AND ADVOCATE | GERMAN SPEAKING

For more information about my workshops and classes,
please go to www.thenewyorkdoula.com

Tel. 917-399-2031

PHILOSOPHY

WELCOME

Congratulations for taking your birth into your own hands! Birth is a unique experience and having a Doula by your side means having a healthier pregnancy and feeling empowered about your birth. You will have a better chance for a more relaxed birth setting, no interventions done that you don't want, a more confident partner by your side and a great start towards creating a healthy, happy family together.

YOUR DOULA

Our journey together starts as early as when you are 6 weeks pregnant or right before your due date. Without fuss and mystery, I want you to be prepared for labor so that you will feel powerful, calm and confident; able to have the birth you want. I will teach you everything you need to know about labor, so you won't require different childbirth educators, breast feeding classes or postpartum support. You'll have everything in one hand: a one-on-one personalized program geared towards expecting parents.

WHAT IS A DOULA?

A doula is a non-medical expert that assists in prenatal care, childbirth and during the postpartum period. The word doula comes from the Greek, and refers to a woman who personally serves another woman.

DOULA SERVICES:

- Help with your search for a great doctor or midwife
- Create a birth plan: what ideas and wishes do we have for the birth of our child? How do we make that happen?
- Advice and education during pregnancy (i.e. nutrition, exercise, help to ease pregnancy discomfort)
- Preparing for labor with breathing and relaxation exercises
- Special relaxation techniques for moms or dads with anxiety
- Private childbirth classes
- Referrals as needed- from specialists for your pregnancy to financial advisors for the new phase of your life
- Demonstration of massage techniques and other pain relief measures
- Explanations of medical terms, procedures and interventions, especially for expecting parents coming from Europe and not familiar with the US medical system
- Coaching and support during labor and birth
- Help with (breast or bottle) feeding and taking care of your baby, cord care, newborn development, weight gain of your baby, information to avoid SIDS
- Support on emotional and physical recovery from childbirth, day and night rhythm of the baby, nutrition
- Running errands
- Meal preparations.

YOUR POSTPARTUM WEEKS

Whether you are overwhelmed or just want to get pampered and have someone come to your house to check in on you, postpartum help and lactation consultation is just as important as birth support.

I WILL TEACH YOU

- How to make sure your baby is latched on correctly
- How to avoid sore nipples and infections
- How to treat the cord
- How to take care of your baby
- What changes to expect in your baby
- How your partner can be super-helpful
- What to do when your baby has jaundice
- How to take care of yourself
- How to notice signs of postpartum depression
- What body changes to expect after birth
- How to have the best recovery from vaginal birth or c-section
- What to eat during the postpartum phase
- ...And much more

STATISTICS

Effect on births with Doula support:

- 40% reduction in the cesarean rate
- 25% shorter labor
- 60% reduction in epidural requests
- 40% reduction in oxytocin use
- 30% reduction in analgesia use
- 40% less need for forceps or vacuum
- Fewer complications

Effect on the postpartum phase with Doula support:

- 40% less postpartum depression
- More confidence with your baby
- More satisfied with your partner
- More likely to be breast feeding



PERSONAL BACKGROUND

My name is Stephanie Heintzeler and I am a German educated midwife, acupuncturist and US-educated doula. I was born in New York City but raised in Germany, where I found my enthusiasm for midwifery already when I was 12 years old. I successfully finished my midwifery-exam in 2000 in the Black Forest of Germany.

While I was working in Frankfurt I started to get interested in TCM (Traditional Chinese Medicine) so I continued my education in Acupuncture and finished my exams in 2003.

I moved back to my birth town in 2003. My book "New Yorker Geschichten" ("New York Stories") got published and I started my own Doula business after I had certified with DONA in 2006. In 2010 I founded Preggie LLC in Germany that imports Preggie Pops (www.preggiepops.de) from the US. In 2014 I became a Certified Lactation Counselor (CLC).

Besides my midwifery and Doula-work I am a dedicated NY Cares volunteer (non-profit organization) through which I help New Yorkers, especially expecting moms, in need

CONTACT

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