



Ann Kaplan Birth Doula Services



About Me and My Birth Philosophy

I am a mother of three and have been assisting at births in the Denver area for several years. I am a DONA- certified birth doula, and have attended home and hospital births. I support parents in having both medicated and unmedicated birth experiences. I believe that birth is a natural function of a woman's body and that every woman already has the skills and knowledge she needs to give birth in her own unique way. Birth works, if we let it! As a doula, I am present to help expecting parents create the birth that they envision for themselves and to experience birth fully and actively. My favorite part of every birth is seeing a mother tap into a part of herself she didn't know she possessed, finding her inner strength to meet a challenge that seemed insurmountable to her. That hurdle is different for every birth, but it is certainly a privilege to be able to witness that singular moment, and even more incredible when I can be the one who helps her rise to the occasion.

My Role As Your Doula

As a doula, I am present to help expecting parents create the birth that they envision for themselves and to experience birth fully and actively. This means that I am there to:

- 🌸 Support parents' choices fully, whatever form that takes, or however their vision needs to evolve throughout the birth.
- 🌸 Help parents remember that birth is a normal natural process, even when it's easy to forget!
- 🌸 Assist parents in making educated and empowered decisions during the birth process.

Birth works best when Mom feels comfortable, safe and supported. My role in creating that feeling is to keep the birth space comfortable physically and emotionally, to provide continuous labor support – from comfort measures to taking pictures and video, and to provide information whenever it is needed to help parents make the right choices for them. Because I am there to enable the parents' vision, I try to facilitate partner participation to whatever extent is right for each family, whether it's holding mom's hand or catching the baby!

Education, Experience and Training

- ✿ Mother of 3 – never-ending hands-on birth and parenting experience!!!
- ✿ DONA Birth Doula Certification, 2009
- ✿ Colorado Midwife’s Association Conference, 2009 (Optimal Fetal Positioning, Genetic Testing, and Meconium topics)
- ✿ Masters of Science, Environmental Engineering 2004, Colorado School of Mines
- ✿ Bachelors of Science, Environmental Geology 2001, University of Michigan

Professional Memberships

- ✿ DONA, International
- ✿ Colorado Doula’s Association
- ✿ With Women, Inc.
- ✿ House of Doula

Services

My services typically include at least two prenatal visits, attendance at your birth, and at least one post-natal visit, depending on each family’s needs. During prenatal meetings, we discuss your vision for your birth experience, develop a birth wish list, and discuss any fears or concerns surrounding this birth. Throughout your pregnancy, I am always available to answer questions, give you information, or help you navigate any issues that come up prior to birth. When ‘the big day’ arrives, I will be with you as early in your labor as you like, and can help you labor at home or meet you at the hospital or birth center if that is where you are having your baby. My job is to provide continuous support throughout the birth process. After birth, I stay with Mom as long as needed to help get breastfeeding started, to take care of any other needs that may have arisen during the birth, and to generally help everyone settle in for some falling-in-love time with the new little one. Finally, I visit with you and your family at least once after the birth to make sure your “babymoon” is going smoothly, to help with breastfeeding if necessary, and to take care of parents emotionally.

Contact Me:

(303) 931-1004

ann@DenverDoulaServices.com

www.DenverDoulaServices.com