

# TEAM SUPPORT

## FOR LIFE'S BIGGEST TRANSITIONS

### TEAM APPROACH

Transitions: Doula & Life Services is a professional doula agency providing support to birthing & postpartum families.

Our approach to your care is *team-centered*, allowing you established trust in a primary doula, but also peace of mind, comprehensive support and back-up.

The Transitions' team provides a wide array of services, giving you the best support in one place.

We are ready to accommodate your needs, whether it be with our ready and willing team, or by bringing in professional community resources.

We strive to make Sioux Falls and surrounding areas the best place to give and support birth!



### BIRTH DOULA SUPPORT

A birth doula offers emotional, physical and educational support for you and your partner as a chosen member of your labor support team.



*The birth doula package includes the following:*

- Two prenatal appointments covering the topics of birth and postpartum*
- 24/7 on call support during your birthing time*
- Continuous support throughout labor, whenever and wherever that is*
- Phone, text, email support*
- Resources emails covering the topics of birth and postpartum*
- A postpartum visit within the first two weeks to check in on healing, feeding and process the birth story*

“Evidence suggests that, in addition to regular nursing care, continuous one-to-one emotional support provided by support personnel, such as a doula, is associated with improved outcomes for women in labor.”

— American College of Obstetricians and Gynecologists

### POSTPARTUM DOULA SUPPORT

There is no better time to have a professional on hand to make sure your needs are being met.

As postpartum doulas, we can see what will make your life better right now, and we're here to help make this time easier.

Overnight and daytime packages available.



## ENCAPSULATION

Placenta encapsulation is the process in which the placenta is prepared in capsule form for consumption. Given to the mother in the weeks and following months, the placenta is believed to help promote healing and recovery.

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## EDUCATION

Knowledge is power, and Transitions: Doula & Life Services delivers.

*Several opportunities to learn are available:*

- HypnoBirthing
- Mindful Birthing
- Breastfeeding
- Childbirth Basics



## LACTATION

Breastfeeding support *when* and *where* you need it.

Our Certified Lactation Counselors are available to provide prenatal support before baby and home support after baby.



# TRANSITIONS

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