

Doula News & Notes

Summer 2009



Mural in the yoga room painted by Barbara Johnson-Kille.

We've Moved!

COME SEE OUR NEW YOGA & OFFICE SPACE!

2130 N. Glenstone
Springfield, MO 65803

Open House/Baby Gala
Saturday, September 19, 2009

Thank you to all of the staff at
Lutheran Family & Children's Services
for inviting us to share space with you!

The Doula Foundation is Going Green!

Go to www.doulafoundation.org and
share your e-mail address with us.

This will allow us to put more money
directly toward providing services to
pregnant women and their families!



AUGUST 8 - 17, 2009 HIGHLAND SPRINGS GOLF CLUB

**Buy your
Tournament Ticket Package
From the Doula Foundation**

\$52 value for only \$20!

Includes a four day grounds pass, a weekly parking pass and an entry for a drawing to win one of the following prizes:

1. The Grand Prize—49cc Wildfire Scooter
2. \$500 Gas Card
3. \$500 Price Cutter Supermarkets Gift Card
4. A Branson Getaway
5. \$500 Gift Card to Battlefield Mall

Call us at 417-832-9222

to get yours today!

(100% of the proceeds benefit DFMA)

TICKETS **"FORE"** COMMUNITY CAUSES

To benefit Ozarks area youth.

Presented by
MATTAX
NEU
PRATER
EYE CENTER

Thank You to Our Wonderful Supporters!

Springfield/Greene County
Health Department (WIC
Clinic) for providing space and
funding for Yoga Classes and
Doula Services.



March of Dimes for a
grant to provide Prenatal Yoga &
Health Education classes
and Doula Services.

Corporate Sponsors for donations that make
our fundraisers successful.

Individual donors — without you, none of this
would be possible!

Please visit our web-site at www.doulafoundation.org
for a complete listing of names.



Foundation of Mid-America

"Changing the face of the community one birth at a time"



Doulas Make a Difference!

Studies have shown these results when a doula is present:

- ◆ Greater success in breastfeeding
- ◆ More maternal satisfaction
- ◆ Stronger mother-baby bond that can have a lifelong impact
- ◆ Fewer neonatal admissions after birth
- ◆ Less pre- and post-natal stress
- ◆ Less likelihood of post-partum depression

2008 Program Statistics

- ♥ **1,006** individuals received one or more of the following services: *Doula Support, Childbirth Education, Prenatal Yoga, Baby Yoga*
- ♥ **99%** of the mothers served qualified for Medicaid and/or WIC
- ♥ **47%** of the mothers served were single
- ♥ **13%** of the mothers served were teenagers



2008 Doula Program Outcomes

- ♥ **93%** initiated breastfeeding and **82%** were still breastfeeding after two weeks
- ♥ **98%** of the babies were born at normal birth weight
- ♥ **93%** of the babies were born full term

Birth Story ~ The Novreske's

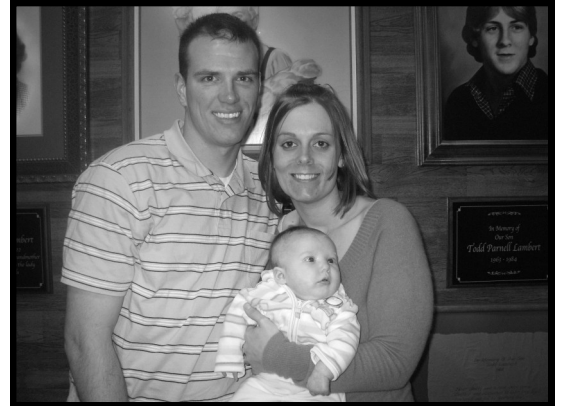
My husband was getting deployed to Iraq, which left me alone during most of my pregnancy and several months after the arrival of our daughter Anastasia. Throughout the course of my pregnancy, I began to wonder if we made the right decision to bring a baby into this world. It was no longer "we" having a baby, but "me" having a baby. Reality set in and so did all the pressures and responsibilities – the birth, diaper changing, feedings, and sleepless nights. My husband provided me with as much support as he could being half way around the world, but I needed more.

Fortunately, I attended a luncheon where I met Julie and Denise. This encounter was the first of many which lead me to develop a terrific support group. I was already in my third trimester, but I gladly welcomed the support. I quickly began prenatal yoga. Lori was my amazing instructor. She provided me with fitness during pregnancy, techniques to help during the laboring process, and answered any questions that I threw at her.

Shortly after I began yoga I was introduced to Jody, my doula. I could not have asked for a better birthing coach. She was available anytime to answer questions; she called to check on me, and she visited with me after the birth of my child. During the birth Jody was fantastic. It was hard not having my husband with me, but Jody helped alleviate the stresses and worries of having a baby alone.

Anastasia has become my world. I enjoy everyday that we spend together (even the not so good days.) The Doula Foundation continues to support my daughter and myself through baby yoga. I love that Anastasia and I have an activity that we can go and do together. Judy, the instructor, has been great. She is available to teach me how to interact with my daughter and further her development. Judy also provides advice, suggestions, and answers to my constant questions.

I was blessed to have found the Doula Foundation. They have been my support group. I know that if I ever have any questions or just need someone to talk to that they are only a phone call away. With the resources they have provided, I have become a better and more knowledgeable parent. And I know now that my husband and I made the perfect decision to begin our family.



Daniel & Tracy Novreske with Anastasia