



~ *Birthing and Parenting with Confidence* ~



**Rhonda Taylor**

Birth and Postpartum Doula

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I have had the honor of being a Birth and Postpartum Doula for 15 years serving the Greater South Bay Area and have attended hundreds of births and supported many new families with Postpartum care. I believe in the value of a woman laboring with a woman, this supportive role also enhances the role of the partner and takes the pressure off of them to remember the many coping techniques and medical terminology. My intention is to help you make informed decisions on the labor path and remain proactive in your labor and birthing choices.

Providing continuous support for the mother and the partner creates a relaxing, calm and confident environment in this transition of becoming a parent.

I am trained in the various birthing philosophies:

- Birthing from Within
- Bradley Method
- General Hospital Birth Preparation
- Hypnobirthing
- Lamaze

My additional specialties and training include but are not limited to:

- Aromatherapy
- Birth Plan (intentions)
- Breastfeeding Specialist
- Emotional Support
- Informational support and options
- Massage and physical support
- Photography

I provide postpartum care as a separate service from birth Doula support. This includes but is not limited to breastfeeding support, sibling integration, newborn care i.e. bathing, infant massage, swaddling and sleeping techniques. I am a mother of three and have supported many families with multiples as well as singletons. There is not a set time limit or infant age for my postpartum care. On average a new family will have Doula support 3-4 days a week for 3-5 hours the first several weeks and often when the partner/spouse returns to work. My intention is to empower the new parents, answer the wide variety of questions and be a resource for the new family.

Please contact me with any questions you may have or visit my website at [www.rdoula.com](http://www.rdoula.com).

I look forward to working with you.

*Rhonda Taylor*

