

Postpartum Doula

In addition to birth doula services, I also provide postpartum doula services. I come to the family's home to help to take care of the new mother and baby, while helping the rest of the family adjust to their new roles of father and perhaps older brother or sister.

As a certified breastfeeding educator I help the new mom with breastfeeding, and also help educate the new parents about newborn care, including diapering, burping, soothing, feeding, swaddling, and other general newborn care issues.

While my role is to mainly take care of the mother so she can take care of her baby, I also can stay the night and help with the baby so the parents can get some much-needed rest. I am also available for postpartum massage for the new mother, and will teach the parents how to perform infant massage.

I am an extra pair of helping, experienced hands that is available to help in whatever capacity is needed to help the family with the new baby.

- Certified in Infant, Child, and Adult CPR
- Certified in First Aid
- Certified Breastfeeding Educator

Anna Marie Nelson has been a featured guest on KTVT's Health Update sharing her expertise on the benefits of a doula's care during childbirth.



Dr. Mona Khanna, M.D.
Health Reporter
KTVT, Channel 11

Anna Marie Nelson



Doula...Servant to the Mother

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Professional Doula

Licensed by Texas State Dept. of Health
License #44820

Professional Doula

Anna Marie Nelson

~Certified Doula(DONA)~
~Licensed Massage Therapist~
~Certified in Pregnancy Massage~
~Certified Breastfeeding Educator~
~Lamaze Certified Childbirth Educator~

Voted Best Doula in Dallas!
2005, 2006, & 2007
-DallasChild Magazine



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What is a Doula?

“Doula” comes from a Greek word which means, “ Most favored female slave. ”

Today the term “Doula” refers to a woman who is a skilled labor assistant. A Doula is knowledgeable in all aspects of pregnancy, labor, and delivery. She uses her skill and expertise to help the mother have the labor and delivery the mother desires.

A Doula does not make medical decisions or perform medical exams. She is not an employee of a doctor or a hospital. She is the laboring woman’s highly skilled personal attendant who stays with the mother during all of her labor and delivery. Mothers who have the benefit of a Doula do not experience the disruption of hospital employee’s shift changes,

A Doula uses positioning, massage, emotional support, and her in-depth knowledge of childbirth to help the mother and baby achieve a healthy birth.

Who should have a Doula?

All women benefit from the presence of a doula whether they use pain medication or not.

Most women experience discomfort well before an epidural is administered. In addition, it is not uncommon for an epidural to be only partially effective or in some cases provide no relief at all.

With an effective epidural, the mother often needs extra help with positioning during labor and delivery since she can no longer feel her labor, and she oftentimes is not able to move.

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Benefits of a Doula

Medical research* shows that for women who use a Doula during labor there is statistically a:

- Decrease in the need for an episiotomy
- Decrease in the use of forceps/vacuum extractions
- Decrease in neonatal ICU care
- Decrease in cesarean rate
- Decrease in epidural/pain medication requests
- Decrease in need for pitocin
- Decrease in length of labor
- Decrease in pain and anxiety of labor
- Decrease in length of hospital stay
- Decrease in postpartum depression

And an:

- Increase in feelings of control and coping skills
- Increase of greater satisfaction with the labor
- Increase in self-esteem
- Increase in positive feelings towards the baby
- Increase in a closer relationship with the father
- Increase in successful breastfeeding

*All medical references cited at
<http://www.dona.org/PDF/BDPositionPaper.pdf>

“If a Doula were a drug,
it would be unethical
not to use it.”

John H. Kennell, M.D.
Co-founder, DONA International

Meet Anna Marie...

As a Doula, I meet with you and your partner well before delivery. We discuss your wishes for labor and delivery, and I explain many procedures which you may or may not choose to have. We then develop a personalized birth plan that fits your unique needs and desires.

I also educate you about the various possible scenarios of labor/delivery, so if your birth plan is not able to be followed, you are still educated and knowledgeable about various unplanned procedures.

You are able to call me at any time during your pregnancy for questions or concerns. I do not give medical advice, but I’m quite knowledgeable about pregnancy, and will be able to tell you what are normal experiences, or what might be an indication you should consult your caregiver.

After meeting with me, you will be educated in what early labor feels like and what to look for. Then when you feel that labor is beginning, you can easily contact me (day or night) and I will meet you.

I will then use my knowledge of positioning and skillful massage along with lots of emotional support to guide you through a gentle labor and delivery. After birth, I will assist you with breastfeeding and make sure you and your baby are settled and comfortable before I leave.

A few days after the birth, I will visit you at your home to discuss your birth experience, help you with breastfeeding, and answer any questions you may have about your newborn and postpartum care for yourself.

I do not replace your partner. I am there to help both of you. Together, your partner and I make a great team for your total support and well-being.

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