



Naturally Nurtured

Birth Services

Doula Program

Naturally Nurtured Birth Services is thrilled to partner with Regional One Hospital to offer comprehensive doula support to expectant families. We believe that every birthing person deserves personalized, compassionate care throughout their pregnancy, labor, and postpartum period. This collaboration aims decrease health disparities and to enhance your birthing experience by providing expert emotional, physical, and informational support.

Naturally Nurtured Birth Services' doulas will provide continuous, non-medical support throughout your labor and birth at Regional One Hospital. Naturally Nurtured supports all types of childbirth scenarios. This includes support with natural births, epidurals, cesarean births, multiples, NICU stays, breastfeeding, chest feeding, bottle feeding, low risk and high-risk pregnancies.

What's Included:

- 2 prenatal visits
- Birth planning
- Labor and delivery support
- Lactation support
- 1-2 hours immediate postpartum support
- 24/7 text and phone support
- 1 postpartum visit
- Breastfeeding and Postpartum box
- Educational Booklet

Benefits of Doula Support:

- Reduced need for medical interventions.
- Shorter labor duration.
- Increased satisfaction with the birth experience.
- Enhanced emotional well-being during pregnancy and postpartum.
- Improved communication with medical providers.
- Increased confidence in your birthing abilities.
- Support for the partner.

We are honored to be a part of your birthing journey. We look forward to supporting you and your family!

For more information:

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