

Penny Bussell Stansfield

DONA* Certified Birth Doula
DONA Certified Doula Trainer
Certified Childbirth Educator
Licensed Massage Therapist
Certified Infant Massage Instructor

Penny is a certified childbirth educator and a teacher. She has been a DONA International certified Birth Doula and Doula Trainer since 1996, and has attended over 100 births. She is a graduate of the Desert Institute of the Healing Arts in Tucson, Arizona, where she specialized in stress reduction and prenatal massage. Penny is a prenatal massage instructor at Cortiva-Somerset School of Massage Therapy and has developed a Maternity and Infant Massage Graduate Program which she teaches nationally. Penny teaches Mama Mio Maternity Spa treatments to therapists in maternity spas across the country.

Stella Nieves

DONA Certified Birth Doula
Certified Massage Therapist
Certified Prenatal Massage Instructor

Stella is a DONA International certified Doula and certified massage therapist. She was a Lead Instructor for six years at Cortiva Institute—Somerset School of Massage Therapy. Stella specializes in prenatal and postpartum massage, myofascial technique, neuromuscular therapy and CranioSacral Therapy.

Penny and Stella are partners in Hillsborough Massage Therapy LLC

*DONA=Doulas of North America, now DONA International

www.HillsboroughMassage.com (908) 359-5777

Hillsborough Massage Therapy LLC

Therapeutic and Sports Massage

Doula Services **Professional Labor Support for a Positive Birth**



Benefits of Doula Care

- 25% shorter labors
- 45% fewer cesarean sections
- 40% fewer epidurals
- 30%-50% decrease in the need for forceps, vacuum extraction and pitocin

Source: Klaus, et al "The Doula Book"
Perseus Publishing, 2002

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What is a Birth Doula?

A Doula...

- Recognizes childbirth as a key life experience that the mother will remember all her life
- Understands the physiology of birth and the emotional needs of a woman in labor
- Assists the woman and her partner in preparing for and carrying out their plans for birth
- Stays by the side of the laboring woman throughout the labor
- Provides emotional support, physical comfort measures and an objective viewpoint
- Helps the woman get the information she needs to make thoughtful decisions, both before and during labor
- Works to nurture and protect the woman's memory of her birth experience

The Doula's Role

A Doula is not a medical practitioner. Doulas do not give medical advice. Doulas are trained in massage, breathing and other comfort techniques to help cope with labor. Through touch, praise, reassurance, and guidance, a Doula works to keep the mother and partner relaxed and focused.



Doulas and Dads

Doulas are not a replacement for the special support dads or partners provide. They supplement and nurture this role by encouraging participation of dads or partners at their own comfort level. Doulas work to keep communication strong and focus on the whole family. A Doula provides reassurance and perspective to both the laboring woman and her partner.



Vision Statement

To be a Doula is to work harmoniously with a woman to achieve a positive birth experience.

We believe in supporting women in their choices for childbirth. We help women grow in confidence during their pregnancy by listening to them and showing respect for their culture, beliefs, ideas, and customs.

To be a Doula is to engage in a close relationship with a pregnant woman which may only last a few weeks, but the effects of which travel down through the centuries in the image women have of themselves, their abilities and their worth.

Doula Services

Our services include:

- An initial consultation
- Guidance in preparing for a birth
- Availability to answer questions about your pregnancy, your birth, breastfeeding and any other concerns
- Discussion of expectations for the birth
- A review of your birth plan
- Prenatal support
- On-call status around your expected delivery date
- Attendance at the birth with continuous labor support
- Immediate postpartum support
- Assistance with breastfeeding
- A follow-up visit two weeks after delivery
- A personally-written birth story

Fee: \$800

Includes all the above services

*Childbirth is an experience
In a woman's life
That holds the power
To transform her
~ forever ~*

*Passing through
These powerful gates
~ In her own way ~
Remembering
All the generations of women
Who walk with her...
She is never alone*

~ Suzanne Arms