

THE

12

HOURS OF LABOR... WITH MY DOULA



In the 1st hour of labor my doula gave to me, her presence, undividedly.

In the 2nd hour of labor my doula gave to me, kind, soothing words, and her presence, undividedly.

In the 3rd hour of labor my doula gave to me, a confident partner, kind, soothing words, and her presence, undividedly.

In the 4th hour of labor my doula gave to me, a cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 5th hour of labor my doula gave to me, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 6th hour of labor my doula gave to me, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 7th hour of labor my doula gave to me, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 8th hour of labor my doula gave to me, birth ball in the shower, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 9th hour of labor my doula gave to me, a basin to throw up in, birth ball in the shower, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 10th hour of labor my doula gave to me, fresh mints for my mouth, basin to throw up in, birth ball in the shower, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 11th hour of labor my doula gave to me, rebozo tug for pushing, fresh mints for my mouth, basin to throw up in, birth ball in the shower, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.

In the 12th hour of labor my doula gave to me, help with breastfeeding, rebozo tug for pushing, fresh mints for my mouth, basin to throw up in, birth ball in the shower, info for my choices, reminder to go pee, dou-ble-hip squeeze! Cool cloth to my temples, a confident partner, kind, soothing words, and her presence, undividedly.