



LET'S DOULA THIS!

BREAKING BIRTH BARRIERS

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The Force Behind Breaking Birth Barriers

The transition into parenthood is not meant to be taken on alone and this is why Alecia has felt the pull to serve families from the days of preconception through the early postpartum period. Becoming a certified birth doula through New Beginnings Doula Training in 2014 was the first step in serving these families. Since starting this journey, she has become an administrator and educator with Babywearers of Northeast Indiana, designed a "Charting for Conception" workshop, and completed a certified lactation specialist training through Lactation Education Consultants. Providing full spectrum, inclusive, and unbiased support is that the forefront of everything Alecia does. It is an absolute honor to be welcomed into the intimate space of a growing family and Alecia cherishes every opportunity she gets to do so. In early 2021, the desire to continue her education became a priority. Alecia is currently pursuing a professional doula certification from the Madriella Doula Network to further expand the services offered by Breaking Birth Barriers.

Alecia currently serves families in Northeast Indiana and Northwest Ohio. She lives on the Northeast side of Fort Wayne with her supportive husband and their two daughters who have been the driving force behind accomplishing her dream of serving families in this vulnerable time. She also keeps busy with a small graphic t-shirt business, Fem Fat Fun. Being a doula is her calling, and she is here to answer it. Alecia founded Breaking Birth Barriers to support birthing people and their families while they journey through conception, pregnancy, birth, and the early postpartum period. Being invited to help a family find their voice, provide evidence based research, and guide them through breaking birth barriers is the foundation of her passion. She is not here to tell someone how to birth, she is here to support them in giving birth their way.

Breaking Birth Barriers currently offers a workshop on charting to maximize the chances of conception, complete birth doula services, in-home or birth location lactation support, and prenatal and postpartum consults on a variety of topics. Contact Alecia today to customize your birth experience with the help of Breaking Birth Barriers.

Scope of Practice

- I provide emotional and physical support to my clients.
- I provide evidence-based information when asked.
- I encourage informed consent and the use of BRAND.
- I facilitate open communication with all members of the birth team.
- I leave my opinions at the door while supporting my client's choices.
- I do not make decisions for my clients.
- I do not perform clinical procedures or assessments.
- I do not guarantee an outcome, but do my best to help my client achieve their ideal birth.

Informed Consent

Informed consent is the process of understanding the risks and benefits of treatment in order for you to decide whether or not you wish to undergo such treatment or test.

- You must have the ability to make the decision.
- The medical provider must disclose information on the treatment, test, or procedure in question, including the expected benefits and risk and the likelihood that the benefits and risks will occur.
- You must comprehend the relevant information.
- You must voluntarily grant consent without coercion or duress.

How can you help yourself to ensure informed consent? The BRAND acronym is a great way to get a clear understanding of the choice at hand. Don't ever be afraid to ask, "Can you say that again?" or to clarify anything that isn't clear.

B- Benefits

R- Risks

A- Alternatives

N- (what happens if we do) Nothing

D- Discuss privately & decide

Comfort Measures for Labor & Delivery

<p>Relaxation / Tension Release</p> <ul style="list-style-type: none"> <input type="checkbox"/> Total Body Relaxation <input type="checkbox"/> Touch Relaxation <input type="checkbox"/> Distraction (movies, etc.) <input type="checkbox"/> Birth Hypnosis <p>Patterned Breathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Slow Deep Breathing <input type="checkbox"/> Hee Hee <input type="checkbox"/> Hee-hee-blow <input type="checkbox"/> Variable Hee-Blow <p>Bearing down</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoiding Bearing Down <input type="checkbox"/> Spontaneous <input type="checkbox"/> Directed <input type="checkbox"/> "Purple pushing" <p>Hydrotherapy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bath / Whirlpool <input type="checkbox"/> Shower <p>Birthing Ball</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bouncing <input type="checkbox"/> Hip Circles <input type="checkbox"/> Leaning on bed <input type="checkbox"/> On your knees <input type="checkbox"/> Peanut Ball in bed 	<p>Massage</p> <ul style="list-style-type: none"> <input type="checkbox"/> Acupressure <input type="checkbox"/> Hand / Foot <input type="checkbox"/> Effleurage (Light stroking) <input type="checkbox"/> Firm Pressure <p>Attention-focusing / Mental activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visual focal point <input type="checkbox"/> Music <input type="checkbox"/> Voice <input type="checkbox"/> Touch <input type="checkbox"/> Smell <input type="checkbox"/> Visualization <input type="checkbox"/> Count off 15 second intervals <input type="checkbox"/> Chant, mantra, song, prayer <input type="checkbox"/> Focused Breathing <p>Body Positions / Movement</p> <ul style="list-style-type: none"> <input type="checkbox"/> Standing / Leaning <input type="checkbox"/> Walking <input type="checkbox"/> Lunge <input type="checkbox"/> Hands and Knees <input type="checkbox"/> Sitting Up <input type="checkbox"/> Sidelying <input type="checkbox"/> Semi-sitting <input type="checkbox"/> Supine with tilt to side <input type="checkbox"/> Rocking / swaying <input type="checkbox"/> Squatting / supported squat 	<p>Hot Packs / Cold Packs</p> <ul style="list-style-type: none"> <input type="checkbox"/> On lower abdomen <input type="checkbox"/> On back <input type="checkbox"/> On perineum <p>Specific Backache Measures</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tennis Balls <input type="checkbox"/> Double Hip Squeeze <input type="checkbox"/> Hands and Knees <input type="checkbox"/> Open Knee Chest <input type="checkbox"/> Pelvic Rocking <input type="checkbox"/> Walking <input type="checkbox"/> Rolling Pressure <input type="checkbox"/> Shower or Bath <p>Help from Birth Partner</p> <ul style="list-style-type: none"> <input type="checkbox"/> Suggestions/verbal reminders <input type="checkbox"/> Encouragement/Praise <input type="checkbox"/> Patience/Confidence <input type="checkbox"/> Immediate response to ctx. <input type="checkbox"/> Undivided Attention <input type="checkbox"/> Eye Contact <input type="checkbox"/> Take Charge Routine <input type="checkbox"/> Expressions of love
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Resource list

Childbirth

The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions, Penny Simkin

Ina May's Guide to Childbirth, Ina May Gaskin

Birthing From Within, Pan England, Rob Horowitz

The Nurturing Touch at Birth, Paulina G. Perez

Natural Hospital Birth: The Best of Both Worlds, Cynthia Gabriel

Hypnobabies Program - www.hypnobabies.com

Spinning babies - www.spinningbabies.com (This website offers techniques to allow women to encourage their baby to position themselves ideally for birth, including turning a breech baby.)

Evidence Based Birth - www.evidencebasedbirth.com (This website provides you with a free newsletter and access to all their articles, printable handouts, their recommended resources.)

Breastfeeding

The Womanly Art of Breastfeeding, Diane Wiessinger, Diana West, Teresa Pitman

The Nursing Mother's Companion, Kathleen Huggins

The Ultimate Breastfeeding Book of Answers, Jack Newman

Medications and Mother's Milk, Dr. Thomas Hale - www.infantrisk.com

La Leche League - www.llli.org - www.llofindiana.org/fort-wayne

Kelly Mom - www.kellymom.com

Newborn Infant Weightloss Tool - www.newbornweightloss.org

Postpartum

Postpartum Support International – www.postpartum.net

Postpartum Progress – www.postpartumprogress.com

Dad Postpartum Support – www.postpartumdads.org

Edinburgh Depression Scale -

<http://perinatology.com/calculators/Edinburgh%20Depression%20Scale.htm>

Local Resources

Birth Matters - www.birthmatters.com

Babywearers of Northeast Indiana (BWNI) -

www.facebook.com/groups/Babywearersofnortheastindiana

Breastfeeding Friendly Fort Wayne -

www.facebook.com/BreastfeedingFriendlyFortWayne

Fort Wayne Cloth Diapering Group -

www.facebook.com/FortWayneClothDiapering

Doula Network of Fort Wayne - www.doulanetworkfortwayne.com

La Leche League of Fort Wayne - <https://www.facebook.com/LLLFW>

Mood Changes and Moms -

<http://www.lutheranchildrenshosp.com/mood-changes-and-moms-support-group>

Each local hospital has a breastfeeding support group call for current times:

Dupont- 260-416-3240

Parkview Women's and Children's Hospital- 260-672-6569

Lutheran- 260-435-7338

Parkview Randallia- 260-373-4000

Pregnant in Fort Wayne - Facebook Group -

<https://www.facebook.com/groups/398438077007547/>

Charis et Veritas - Fertility, perinatal, and postpartum mental health -

<http://www.charisetveritasllc.com/>

Grassroots Baby - Natural Parenting Store - www.grassrootsbaby.com

Current Offerings

Birth Services Package:

- On call services at contract signing
- 24/7 access via phone, text, email
- Back up doula provided
- 1-2 prenatal meetings
- Up to 18 hours of face to face labor support
- Up to 2 hours of immediate postpartum care
- 3 hour postpartum visit
- Discounted additional postpartum time (\$20/hour - 3 hour minimum)
- Continued support through the first 6 weeks postpartum
- 1 year membership to Babywearers of Northeast Indiana

Link to contract: <https://form.jotform.com/71754316704153>

Lactation consults include:

- Prenatal meetings to discuss infant feeding goals
- In-depth health history of parent & baby
- Positioning and latch assessments
- Evidence based research
- Referrals to qualified providers as needed
- Individualized feeding plans
- Phone, text, and email support
- Collaboration with parent & baby's care provider

When to Call Me

Above all, any time you have questions or concerns, call, text or email me. I am here to support and assist you. All non-urgent calls, texts, and emails will be returned as soon as possible, but always within 24 hours.

Prenatal

Once a month after contract signing, please contact me with a touch base to let me know how you are feeling, any questions you may have, and any changes with your pregnancy. After 36 weeks, please call/email me after each of your prenatal appointments with an update on how you are doing physically and emotionally. If your OB/midwife examines you, please inform me of how far dilated and effaced you are, and the position and station of the baby's head.

Labor

Please give me as much heads up as possible if you think you may be in labor. At any hour, please contact me VIA PHONE if you think that labor is imminent. Whether you are in labor or just think you may be in labor, if you lose your mucus plug or have bloody show, if you begin true contractions that you're unable to talk through, or if you think your bag of waters has released (remember: it could be a gush or a leak), call me so I can prepare to join you when you need me. At this point I would also recommend that you stay in touch with your OB or midwife to update them with your status.

At Your Side

Call me to come join you when your labor begins to feel intense and you need help and support to get through the contractions. This may be at home, your birthing center or hospital, or quite possibly Meijer at 2 am. I can meet you anywhere, just give me the word. Typically, intense contractions are about five minutes apart, last one minute, and are very strong. Above all, my priority is your emotional and psychological state. When you feel you need my help, I will come to your side.