



**White Owl  
Birthing**

# White Owl Birthing Doula Nursing Services

---

Open 24 hours [www.whiteowlbirthing.com.au](http://www.whiteowlbirthing.com.au)

Email [info@whiteowlbirthing.com.au](mailto:info@whiteowlbirthing.com.au)

Contact Sharron Principal Nurse

Mobile 0408 390 113

Covering Melbourne and regional local areas

*"Qualified professional doulas attend your birth to support you and your partner."*

## What is a Doula?

A Doula is an extra pair of knowledgeable hands.

- Stays with the labouring mother through her entire labor.
- Works for the mother, not the care provider or

the hospital.

- Works in hospitals and at home.
- Helps create positive birth memories.

## Who uses doulas?

First time mothers

- Families with other older children
- Mothers recovering from a Caesarean Surgery

- Partners who return to work early
  - Families with multiple births such as twins or triplets
- Postnatal Birth support for the first 6 weeks

## Benefits of a Doula....

The benefits are tailored to the mother and father's individual needs.

- Increased chance of breastfeeding successfully
- Increase earlier bonding with mother

and the whole family unit

- Reduces post natal depression
- More support for mother if exhaustion, frustration, and anxiety during the early weeks of parenting for both mother and father

**Doula Package** *Remember we are able to support you once you are home with our overnight care support program.*

**Just doula care for Labor only is \$895**

- 2 - 4 appointments prior to birth
- Early & Active Labour support as long as it takes till the end!
- resources available on request
- Post natal follow up and plenty of telephone support

Some of our clients say this

---

**Wonderful, Awesome, Sharron went truly went above and beyond her job. She was a jewel. The service was fantastic. If I choose to have another child I would choose Sharron. The support! The level of professionalism shown the respect given to all around was exceptional, support was shown to my mum, my husband and myself. J. M Melbourne**

---