



2019

MOTHER WELL

— YEAR IN REVIEW —

FROM THE DOULA

YEAR END THOUGHTS

Dear Mother Well Clients & Friends,

Wow! 2019 has been a transformative year for Mother Well Doula Service.

This has been my first year as a full-time staff member for Evidence Based Birth®. Mother Well enjoyed its busiest year yet, serving 8 families as a primary doula and a handful of others with childbirth education classes. I'm very grateful for this opportunity and take seriously the privilege that families trust me for doula care.

2019 was packed with milestones. I enjoyed serving clients alongside birth photographers for the first time, my first home birth, my first time using a backup, and my first time serving a 3x repeat client.

And yet - along with this amazing growth came growing pains. At the start of the year, I chose my word of the year to be 'Boundaries'. Indeed, in 2019 I have learned a lot in terms of my capacity. As frustrating as limitations are to admit, I'm finding that honoring my boundaries are necessary if I am to maintain and sustain birth work for the long haul. My goal for 2020 will be to double down on the 'If it's not a HECK YES! it's a NO' Philosophy.

With that said, you can expect me to maintain a 'small but mighty' client load so that I can continue my day job with excellence. For the foreseeable future I'll be pairing down my business to its heart and soul: birth support. But as always, contact to inquire about my availability and for custom recommendations for doulas and classes in our area - including birth services on a sliding scale!

I wish a very Merry Christmas and Happy New Year to you and yours.

In love and service,
Victoria

♥ 1 ♥ 7

PRIMIP: 40%

MULTIP: 60%

VAGINAL: 100%

CESAREAN: 0%

VBAC: 100% (2)

UNMEDICATED: 40%

MEDICATED: 60%

INDUCTIONS: 25%

CLASSES TAUGHT: 5

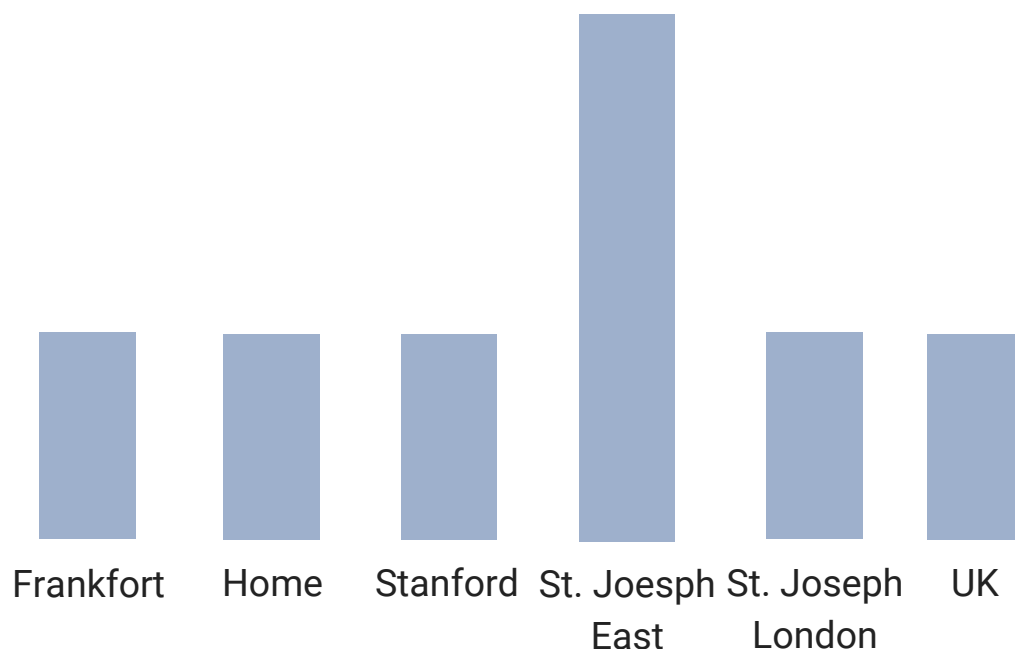
EVENTS HOSTED: 1

CONTINUING ED:

Spinning Babies® Workshop

Evidence Based Birth® Conference

CLIENT BIRTHING LOCATIONS



EST. TOTAL HOURS SPENT WITH CLIENTS DURING BIRTH: 120

**Does not include prenatal or postpartum appointments.*

EST. AVERAGE HOURS SPENT DURING BIRTH: 15

CENTRAL KY BIRTH

A PERSPECTIVE

People often ask me which hospital or provider I prefer to work with, and I wanted to use this space to share my honest thoughts.

The professional answer has always been: "I help families discover their birth preferences and to ensure they are properly matched with a provider and birth location that will be supportive of those preferences - or to work as effectively as possible with their chosen provider and birth location to preserve their birth experience."

My personal answer is: "It's complicated."

Thanks to the nudging of some influential voices in the birth world, I want to become more open and responsible with sharing the unique perspective and knowledge I have of our local birth scene. This year, I witnessed truly excellent, evidence-based, patient-led care. I also witnessed the continuation of outdated and troubling obstetrical practices and disrespectful patient-harming care.

The hard truth I have to share is this: there is no perfect place to give birth in Central Kentucky. Even with the great strides our state has taken, not least of which passing a bill to license CPMs, we still have a long way to go. I urge all expecting parents to carefully research their options and to own their position as leaders of their birth care team.

Friends, the healthcare system is sick, but the prognosis is not fatal.

Expect more for yourself and your baby. Ask. Discuss. Plan. Think outside the box - and the hospital - when it comes to creating your birth plan. And, yes, doulas can help - but doulas alone cannot overcome the many ailments of modern American maternity care. It takes all stakeholders working together, bringing a deep sense of love and intentionality with them.

What's your role in healing maternity care? Maybe it's as a parent, maybe as a social media awareness-raiser, maybe as a positive birth storyteller, perhaps as a policymaker or grassroots volunteer, or maybe even as a care provider - I believe that all of us working together will make a change. At the close of one decade and the start of the next, it's our time to decide that in ten years, our birth community will be healthier than we found it.



THANK YOU



PHOTO CREDITS

— SPECIAL THANKS TO —

Little House Photography

The Shepherd Family

Blessed Bee Photography

The Buckley Family

The Fallis Family

The Keene Family

The Kendrick Family