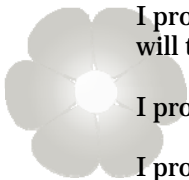


## Promises as a Doula

I am a doula, and my profession is a calling. As your support person, I feel I am called to a standard, which I make as promises to you.

I promise you will not be alone. I will be with you every step of the way, from the moment you call on me until you are holding your precious little ones, you will not be alone.



I promise I will always tell you the truth, in everything, you will be told the truth. If others mislead you, I will tell you the truth.

I promise that you cannot say or do anything that will disappoint me or hurt my feelings.

I promise that I will help protect you. Though no one can guarantee physical protection, I will protect your labor space, your interests, your desires and feelings regarding birth. I will shelter you with love. I will help protect you.

I promise that you will be validated. Your birth is your rite of passage. Whatever path that journey takes us, you will have a witness and a record. Your journey is yours alone. You will be validated.

I promise that you will be heard. I cannot speak for you but I will make sure that you have a voice and I will make sure you are heard. Though I cannot speak for you, I will be sure to make sure that you are heard.

### Promised Affirmations

"The whole point of woman-centered birth is the knowledge that a woman is the birth power source. She may need, and deserve, help, but in essence, she always had, currently has, and will have the power."  
- Heather McCue

"Birth is not only about making babies. Birth is about making mothers - strong, competent, capable mothers who trust themselves and know their inner strength."  
- Barbara Katz-Rothman

"I think it's terribly important to put the mother at the center. When you do that, everything follows."  
- Ina May Gaskin

"Nature, time and patience are three great physicians."  
-- H.G. Bohn

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise."  
-- Robert Fritz

"Pregnancy should be revered as a coming of age, a time when women were strong, bestowed with power and mystery. Women should be confident in their bodies abilities and women should care for other women, believing the same."  
- Nicole Deelah