

# **Child Birth and Post Partum**

## **My Personal Philosophy**

**By Ofelia Aragon**

### **Child Birth**

I believe that all expectant mothers are experience the most marvelous time of their life. To give birth, whether natural or medically induced, is the option of the mother. It is a personal question that the mother makes for herself. My philosophy is to support the mother and give her all the love and nurture that a woman giving birth needs at this a crucial time.

If you are considering a natural birth please remember that our bodies have the capacity for this miraculous experience. Our bodies were made to give birth. It is my professional opinion that it is best to let nature take over in this event. There are numerous reasons why a natural birth should be the first option.

Should you decide to choose a different method to have your baby, such as a medically induced method, you will have my support 100%. Regardless of what your options are, you will have my support in your decision. The most important thing to me is the mother have a birth without trauma and that she have the birth that she desires and looks forward to.

### **Post Partum**

The return to your home. It is the most awaited moment for all new parents. It is also a moment of doubt and fear. There is a mixture of happiness and nervousness. There are many questions about the new life that is about to start. Brining the baby home evokes many emotions, especially for the mother. The mother has gone through many hormonal changes and has just finished an physically exhausting experience. This will continue to happen for a long while.

To give my services to this new family is a blessing and privilege since they are now holding in their arms their most prized treasure. To be able to share those miraculous moments is a wonderful experience for me too. I believe that the new family needs a lot of support and help. For example, the new mother needs someone mothering her and giving her the nurture and care she deserves.

It is my role as a post partum Doula is mothering the mother. This means attending to her needs, supporting her, taking care of her, guiding her and providing my professional assistance and advice if she requests it. The mother's role is to bond with her baby and to enhance that new mother baby experience. It is not to worry about those other details and general tasks in her home.

My work is also to help the new father in their new experience as a father. The father also needs help and guidance. He too is encountering many changes and obstacles. It is my job to help with the mundane tasks so that the father can enjoy bonding with the new baby.

It is my job to take care of the entire family during this new experience, and to give my support and love, even to the family pet.