

Beginning Your Pregnancy Journey

Just found out you are pregnant? This workbook will show you the first steps to have the pregnancy of your dreams



CREATED FOR YOU BY
WINTERTIDE BIRTH SERVICES

Hi there CONGRATULATIONS ON YOUR PREGNANCY!

I am a local Tacoma birth & hypno doula as well as a placenta encapsulation specialist. I have lived in Tacoma all my life and want to share my local knowledge with new parents.

This guide was created to help South Sound parents take the very first steps on their pregnancy journey. The recommendations in this guide are based on my professional experience as a birth doula working in the South Puget sound.

I have seen too many parents have regrets because they didn't realize that the decisions they made when they very first found out they were pregnant, would effect their birth. This guide will help you confidently take your first steps to having the birth of your dreams.

Much love,

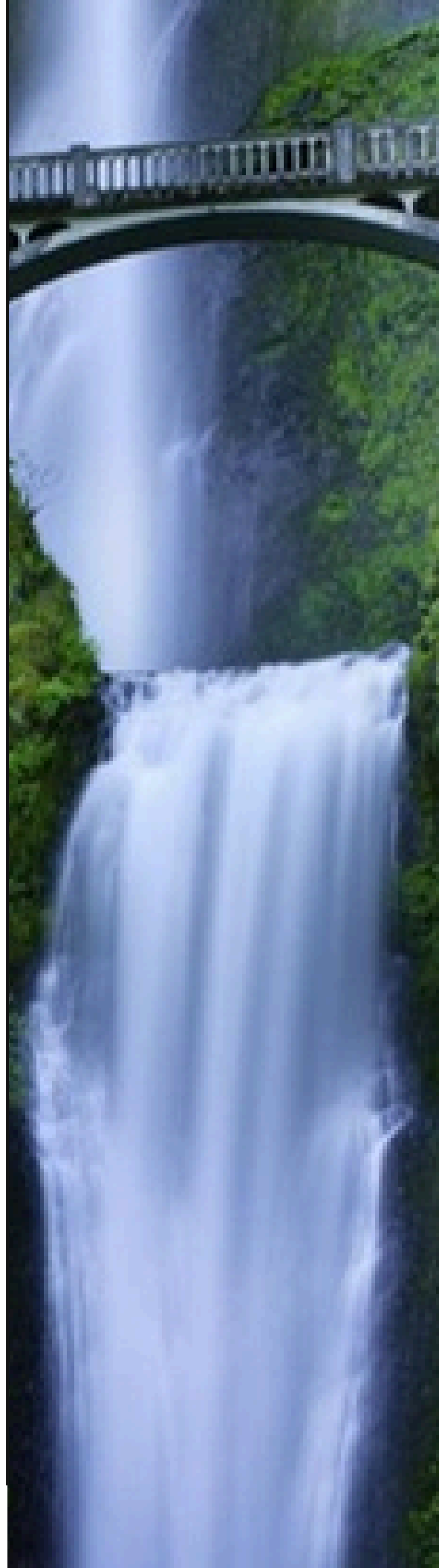
Keigha St. Clare





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You're Pregnant!

TAKE CARE OF YOURSELF

Before we get started, I want to start out with the most important thing to do when you first find out you are pregnant

You need to take care of yourself!

No one else may be able to tell that you are pregnant yet but your body knows. You may find that you are

- Tired
- Hungry
- Anxious
- Moody
- Sore in weird places

All of this is normal so give yourself some grace!



How to care for yourself while pregnant:

- Drink. More. Water! Drink it all!
- Rest up! Get to bed earlier
- Start taking a prenatal vitamin
- Decrease your caffeine intake
- Avoid nicotine and alcohol
- Keep moving your body –Don't start a new exercise routine but do keep moving

Most important of all, be patient with yourself. Your pregnancy will be unique to you. Don't feel bad if you don't feel great right now. Just remember that no pregnancy lasts forever.

DOULA TIP: EAT SMALL, FREQUENT MEALS HIGH IN PROTEIN TO HELP WITH MORNING SICKNESS

YOUR 3 STEP

PROCESS

STEP ONE

DECIDE WHAT KIND OF
BIRTH YOU WANT

STEP TWO

PICK WHERE YOU WANT
TO GIVE BIRTH

STEP THREE

DECIDE WHO YOU WANT AS
YOUR CARE PROVIDER



First WHAT KIND OF BIRTH DO YOU WANT?

It may seem odd, but the first thing you need to do when you find out you are pregnant is to decide the kind of birth you want. Don't worry! You don't have to have every detail planned out. You do need to decide what your general birth philosophy is.

What is a "birth philosophy?"

A birth philosophy is your general thoughts and beliefs about birth. There is no wrong or right birth philosophy, only yours.



How do I find my "birth philosophy?"

By asking yourself these questions:

- Do you feel birth is a normal physiological process?
- Where do you see yourself when you imagine your birth?
- Does having medical technology and interventions make you feel safe?
- Do you imagine your partner to be by your side or someone else?
- Is your birth a celebration with activity and people or a quiet calm space?
- Do you want to utilize drugs, or epidurals to reduce or eliminate the pains of labor or do you want to feel each contraction?

Use the page below to list out what is most important to you during your birth.

*DOULA TIP: DON'T
FORGET TO ASK YOUR
PARTNER THEIR BIRTH
PHILOSOPHY*

WHAT'S

IMPORTANT?

RANK THE TOP 10 MOST IMPORTANT THINGS YOU WANT FOR YOUR BIRTH.
IT IS OK IF YOU DON'T HAVE 10 THINGS YET

	IMPORTANT THINGS FOR YOUR BIRTH	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
REFLECTION NOTES		



Second

WHERE DO YOU WANT TO GIVE BIRTH?

Why would you want to decide where to give birth before you have even picked WHO will be helping you give birth? Let's use an example that I have seen before – Say you fall in love with an OB who only does births out of Tacoma General but you want a water birth. Well, TG doesn't do water births. Now you either have to switch providers or give up your dream of a water birth. If you find this process overwhelming, I can help! One of the things that I do as a birth doula is help with choosing where to give birth.



Use what is important to you to decide where to give birth. For example:

- If you feel birth is a normal physiological process – Consider birthing in a birth center or home
- If having medical technology and interventions make you feel safe – You will want to be in a hospital
- If your birth is a celebration with lots of activity – Pick a place with lots of room
- If your birth is a quiet calm space – Pick a place known for having a relaxing vibe
- If you want to utilize drugs or epidurals – Pick a hospital

DOULA TIP: MANY HOSPITALS ARE NOW CALLING THEIR BIRTH FLOOR IN THE HOSPITAL A "BIRTH CENTER"



YOUR GUIDE TO

WHERE TO GIVE BIRTH

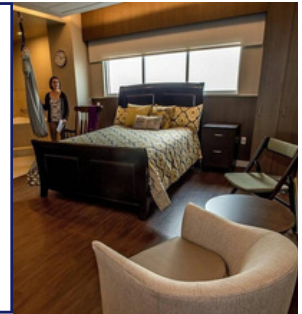
HOSPITAL

THE HOSPITAL IS THE PLACE TO BE IF YOU WANT ACCESS TO MEDICAL PAIN RELIEF SUCH AS AN EPIDURAL, IF BEING IN A MEDICAL SETTING BRINGS YOU COMFORT OR IF YOU HAVE A HIGH RISK PREGNANCY



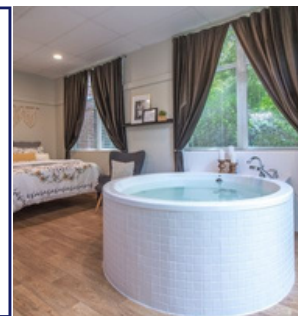
HOSPITAL BIRTH CENTER

THE HOSPITAL BIRTH CENTER IS THE PLACE TO BE IF YOU WANT TO BE SUPER CLOSE TO THE HOSPITAL BUT STILL HAVE THE COZINESS OF A BIRTH CENTER. **NOTE - WASHINGTON STATE ONLY HAS 1 TRUE HOSPITAL BIRTH CENTER - AND IT'S IN TACOMA!**



FREE STANDING BIRTH CENTER

THIS IS THE PLACE TO GO IF YOU BELIEVE THAT BIRTH IS A NATURAL EVENT BEST LEFT UNDISTURBED BUT DON'T WANT TO BIRTH IN YOUR HOME. HERE YOU CAN HAVE A WATER BIRTH AND BE ATTENDED BY MIDWIVES



YOUR HOME

THIS IS THE PLACE TO BE IF YOU WANT A SUPER COZY, RELAXED BIRTH. YOU CAN HAVE A WATER BIRTH, SAY HI TO THE DOG, GO FOR WALKS IN YOUR NEIGHBORHOOD AND EAT FOOD FROM YOUR OWN FRIDGE. ONLY MIDWIVES ATTEND HOMEBIRTHS



YOUR GUIDE TO

YOUR OPTIONS IN TACOMA

ST JOSEPH'S HOSPITAL

PROS –

- This hospital is known for being more natural birth & VBAC friendly
- They have nitrous and medical pain relief if you want it
- If you are giving birth to twins, you don't always have to give birth in the OR
- Both OB's and midwives attend births at St. Joes
- You can have a water birth here if that room is available
- If you hire a doula, they can usually attend a cesarean with you in addition to your partner
- Lots of free parking
- They have a level III NICU if you need it

CONS –

- Some of the rooms are small
- The building is older



ST JOSEPH'S BIRTH CENTER

PROS –

- All the rooms are very large and cozy with birth tubs, large showers and a nice big bed.
- You can have a water birth here
- You will most likely be the only one giving birth
- You get a doula assigned to you during your birth
- They have nitrous and IV narcotics as a pain relief option
- They have birth balls, a fridge, and labor slings
- You will get lots of time with your midwife during your labor
- It is right next to the hospital

CONS –

- Only midwives serve the birth center and you need to check with the birth center to see which midwives work there
- No VBACs
- No epidurals
- Your midwife will change with the shift



TACOMA GENERAL HOSPITAL

PROS –

- They have a level IV NICU
- The birth rooms are large
- They have nitrous and medical pain relief if you want it.
- Best for a medically managed birth
- There are large tubs to use during labor
- They have many types of birth balls and cushions
- If you or your baby are high risk, this is the hospital to be at
- The cafeteria is open late and has a limited Starbucks coffee stand

CONS –

- Not as friendly to natural birth or VBAC as others
- You can only have one person with you for check in and cesareans
- No water birth allowed and tub water is not very warm
- It is hard to find parking during the day



THE BIRTHING INN BIRTH CENTER

PROS –

- This is as close to a home birth as you can get without being at home
- There are many birth related services and classes at the Birthing Inn
- You can have a water birth in one of their large birth tubs
- Your midwives are only attending you, during your birth
- The whole building has a very cozy feel
- While there are 3 birthing rooms, you will most likely be the only one giving birth there and you can pick your room
- There is lots of parking and it is free
- They have nitrous, birth balls, a kitchen and large showers
- It is cheaper then going to the hospital if you are paying cash

CONS –

- The rooms are a bit small
- There is no medical pain relief except nitrous
- Only some midwives work with the Birthing Inn so check first
- No VBACs (this may change at some point)



Third

WHO DO YOU WANT TO ATTEND YOUR BIRTH?

Who attends your birth is just as important as where. Your care provider will be your go to person to answer your questions and take care of your health. You should feel that they value you as a client and not just a number. Once you have picked where you want to give birth, check in with the place and get a list of providers who work out of that location.



Take your time to pick your provider. I have provided a list of sample questions for you to look over. These will give you a jumping off point for your first appointment. As a general rule, most OB appointments will only be about 30 minutes so keep that in mind when you go in. Midwife appointments are often 45 minutes to an hour long so you will have more time to discuss philosophy of care with them.

Below I have provided a list of South Puget Sound providers that I have enjoyed working with and who I recommend to my clients.

DOULA TIP: YOU CAN ALWAYS CHANGE PROVIDERS IF IT IS NOT A GOOD FIT. EVEN LATER IN YOUR PREGNANCY



YOUR GUIDE TO

TYPES OF CARE PROVIDERS

OBSTETRICIANS (OB) OR (OBGYN)

An OB is a medical doctor (MD). they attend births in hospitals only and can perform cesarean births.

You may want an ob if:

- You see birth as a medical event
- You feel more comfortable with a doctor
- You have a high risk pregnancy
- You need a cesarean birth



NURSE MIDWIFE (CNM)

CNM's work in hospitals and some birth centers. they have a nursing degree with an added certification for midwifery.

You may want a CNM if:

- You see birth as a natural event
- You are birthing in a hospital but don't want an ob
- You are having a low risk pregnancy
- You want to have a natural birth



LICENSED MIDWIFE (LM) OR (CPM)

LM's are direct entry midwives. in WA they need to have 100 births plus extensive training in order to be certified. They only attend births at home or in a birth center

You may want a LM if:

- You see birth as a natural event
- You are having a low risk pregnancy
- You want a natural birth
- You want to give birth in a birth center or at home
- You want longer appointments with lots of time to answer all of your questions



RECOMMENDED SOUTH SOUND CARE PROVIDERS

ANA SWANSON, MD	STEVEN MAYNARD, MD
MultiCare Family Medicine Center 1112 6th Ave, Suite 301, Tacoma, WA, 98405 253-403-6750	Rainier OB/GYN Delivers at TG or St. Joes 1901 S. Union Ave, Suite B-2010, Tacoma, WA 98405 253-383-5628 www.multicare.org/provider/ steven-maynard/
ANNA MCCRACKEN CNM	KATHERINE (KATE) MCDONALD, CNM, WHNP-BC
Franciscan Women's Health Associates at St. Clare 11311 Bridgeport Way Southwest Suite 214, Lakewood, WA 98499 (253) 985-2920	Virginia Mason Franciscan 6401 Kimball Drive Suite 104, Gig Harbor, WA 98335 (253) 853-8050
CLAUDIA BERG-GRAESSLE, CNM, ARNP	ALYSSA HAMLIN, MD
Franciscan Women's Health 6401 Kimball Drive Suite 104, Gig Harbor, WA 98335 (253) 853-8050	<u>MultiCare Kent Clinic Ob/Gyn</u> 219 State Ave N, Suite 200, Kent, WA 98030 <u>253-372-7849</u>



RECOMMENDED SOUTH SOUND CARE PROVIDERS

LAUREN DELANA, DO	RANDY ALEJO, MD
Virginia Mason Franciscan 1608 South J Street 1st Floor, Tacoma, WA 98405 (253) 274-7501	Virginia Mason Franciscan 6401 Kimball Drive Suite 104, Gig Harbor, WA 98335 (253) 853-8050
RENEE THAI, MD	MORITZ BARTELS, MD
Virginia Mason Franciscan 2930 South Meridian Suite 200, Puyallup, WA 98373 (253) 445-7600	Multicare 4545 Point Fosdick Dr #130, Gig Harbor, WA 98335 (253) 530-8122
JENAH GARRETT, CNM	JENNIFER BANDA, CNM, ARNP
Franciscan Women's Health Associates at St. Joseph 1608 South J Street 1st Floor, Tacoma, WA 98405 (253) 274-7501 www.vmfh.org/find-a-doctor/midwifery/jenah-garrett-1659056935	Franciscan Women's Health Associates at St. Joseph 1608 South J Street 1st Floor, Tacoma, WA 98405 (253) 274-7501



RECOMMENDED SOUTH SOUND CARE PROVIDERS

KAILEE DUGAN, CNM, ARNP	JESSICA ROWAN, CNM, ARNP
<p>Franciscan Women's Health Associates at St. Joseph 1608 South J Street 1st Floor, Tacoma, WA 98405 (253) 274-7501 www.vmfh.org/find-a-doctor/midwifery/kailee-dugan-1619611969</p>	<p>Franciscan Women's Health Associates at St. Joseph 6401 Kimball Drive Suite 104, Gig Harbor, WA 98335 (253) 853-8050 www.vmfh.org/find-a-doctor/midwifery/jessica-rowan-1437431947</p>
JODEE GUTIERREZ, CNM	MARISSA STORMS, CNM
<p>MultiCare Women's Health & Wellness Center 4545 Point Fosdick Dr, Suite 130, Gig Harbor, WA 98335 253-530-8122 www.multicare.org/provider/jodee-gutierrez/</p>	<p>MultiCare Women's Center - Tacoma 1105 Division Ave, Suite 101, Tacoma, WA 98403 253-403-9860 www.multicare.org/provider/marissa-storms/</p>
CHRISTINA ESPINOZA, CNM	ALLISON MITCHELL CNM
<p>& Shelby Reimers CNM MultiCare Women's Center Delivers at Good Sam 10004 204th Ave E Suite 2300 Bonney Lake WA 983911 253-697-3550</p>	<p>& Annagrace Anderson MultiCare Women's Center-Sunrise Delivers at Good Sam 11102 Sunrise Blvd. E Suite 110 Puyallup WA 98374 253-697-3550</p>



RECOMMENDED SOUTH SOUND CARE PROVIDERS

MERCEDES SNYDER LM, CPM	TERRI CHI-LEE LM, CPM
<p>Something Beautiful Midwifery, LLC 128th 14th St. S.E. Auburn, WA 98002</p> <p>www.sbmidwiferycare.com</p>	<p>Generations Midwifery 3663 College St. SE Suite A, Lacey, WA 98503 360-401-3343 www.generationsmidwiferyservices.com</p>
NIKI CORAGGIO LM, CPM	KATE WILD LM, CPM, MSM
<p>Gig Harbor Midwifery 11505 Burnham Drive Suite 104 Gig Harbor WA 98332 253-632-6556 www.gigharbormidwifery.com</p>	<p>All About Birth The Birthing Inn 6002 Westgate Blvd., Suite 120 Tacoma, WA 98407 253-761-8939 www.allaboutbirthmidwifery.com</p>
JENNIFER LINSTAD, LM, CPM	
<p>Womb to Room 128 14th St SE Auburn, WA 98002 425-243-2450 https://www.wombtoroom.com</p>	



WHO?

CARE PROVIDER OPTIONS

LIST OUT THE PROVIDERS THAT SERVICE YOUR PREFERRED LOCATION.
PICK SOME OF THEM TO INTERVIEW

	CARE PROVIDERS
1	
2	
3	
4	
5	

REFLECTION NOTES



QUESTIONS

QUESTIONS TO ASK YOUR CARE PROVIDER

USE THESE QUESTIONS TO HELP YOU DECIDE IF THEY ARE RIGHT FOR YOU

- What is your philosophy regarding pregnancy and birth and your role in it?
- What are the percentage of patients of needing interventions during labor such as an epidural, pitocin, or a cesarean section?
- What percentage of your clients need to be transferred to the hospital (if planning a home birth or birth center birth) and what are the most common reasons?
- What is the mortality rate for those in your care? For babies?
- What is your cesarean birth rate?
- If you have children, what were your birth experiences like?
- What is your philosophy on weight gain, nutrition, prenatal supplements, and exercise during pregnancy?
- What factors would risk me out of your practice (for midwives)? Are you able to help me prevent these?
- What childbirth classes or books do you recommend?
- What will happen if I go past my estimated due date? How late can I be and still birth under your care?
- How many other providers are in your practice?
- What are the chances that you will be attending my birth?
- Will I be able to eat and drink during labor?
- Are you comfortable if I choose to decline XYZ? (Ex: the vitamin K shot, eye ointment, etc)
- How will my baby and I be cared for during the postpartum period?

BIRTH DOULAS

WHAT IS A BIRTH DOULA?

A birth doula is like a birth bestie, birth coach and birth counselor all wrapped up in to one package. I come to your home and help you to understand all of your options around birth. I'm here to answer all of your questions and to listen to you. During labor I am there when you need me to support you and your partner. After birth I come to your home and answer all of your newborn questions and am there to listen.

WHY WOULD I WANT ONE?

There are so many reasons to hire a birth doula. Here are just a few –

- This is your first pregnancy
- You want a different birth experience then you have had previously
- You are anxious about birth
- Your partner is worried about how they will react during birth
- You don't have a partner or supportive family
- You want a natural birth but don't know how to go about it
- You want someone calm and educated to attend your birth

ARE THEY COVERED BY INSURANCE?

Yes! Some insurance plans cover doulas. Here are the ones Wintertide accepts

- All WA Medicaid/Apple Health Plans
- Carrot supplementary insurance
- Tricare – Covers births NOT at military hospitals



WHAT YOU GET

BIRTH DOULA SERVICES WITH WINTERTIDE BIRTH SERVICES

BIRTH & POSTPARTUM PREP

2 BIRTH PREP SESSIONS TO GO OVER EVERYTHING YOU WANT IN YOUR BIRTH, HOW TO ACHIEVE YOUR BIRTH GOALS, FEARS AND WORRIES, LIFE WITH A NEWBORN AND ANYTHING ELSE THAT YOU WANT TO DISCUSS



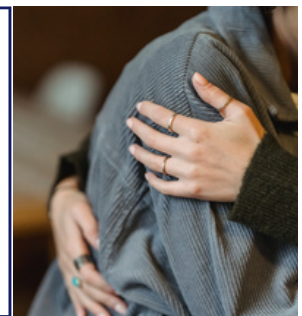
EDUCATION

SOMEONE TO ANSWER YOUR QUESTIONS, EVEN THE MOST EMBARRASSING ONES. LOTS OF EDUCATION ABOUT THE LOCAL BIRTH LOCATIONS AND HOW TO SET UP THE BIRTHING SPACE IN A WAY THAT WILL SET YOU UP FOR SUCCESS. A PREGNANCY & BIRTH WORKBOOK AND A POSTPARTUM PREP PACKET



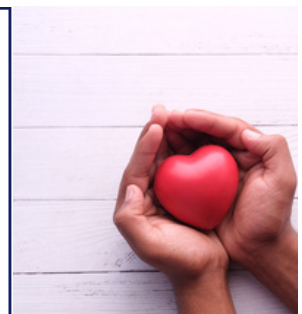
SUPPORT DURING YOUR BIRTH

CONTINUOUS PHYSICAL (SUCH AS HIP SQUEEZES, HAND HOLDING, AND POSITION CHANGES), EMOTIONAL (SUCH AS ENCOURAGEMENT, AND HOLDING SPACE) AND EDUCATIONAL (SUCH AS EXPLAINING WHAT IS HAPPENING DURING LABOR) SUPPORT DURING YOUR LABOR AND DELIVERY



SUPPORT AFTER YOUR BIRTH

2 POSTPARTUM VISITS TO GIVE GUIDANCE FOR YOUR RECOVERY, BREASTFEEDING ADVICE AND BABY CARE. A BIRTH DEBRIEFING (TO PROCESS YOUR BIRTH EXPERIENCE). MENTAL HEALTH CHECK-IN, DISCUSSIONS, AND RESOURCES COMMUNITY RESOURCES AND REFERRALS TO PROGRAMS AND SERVICES





FIND OUT HOW I CAN SUPPORT YOUR
PREGNANCY BY
VISITING MY WEBSITE



WWW.WINTERTIDEBIRTHSERVICES.COM
WINTERTIDEBIRTHSERVICES@GMAIL.COM
253-677-3562



RECOMMENDED SOUTH SOUND SERVICES

Other Doula Recommended Services

HYPNOBIRTH CLASS	CHIROPRACTOR
<p>Roxanne M. Gates In person private classes or group Zoom classes University Place WA eleamorphypnobirthing.com</p>	<p>Brilliant Life Chiropractic Whole Family Chiropractic Care 708 Broadway Suite #403 Tacoma, WA 98402 253-383-0577 www.brilliantlifechiropractic.com</p>
THERAPY	PREGNANCY MASSAGE
<p>Creative Wellbeings Individual & Couples Counseling Art & Nature Therapy Available Bringing Home Baby Workshops Before and After Birth Sex & Relationships In Person Appts - Tacoma www.creativewellbeings.com</p>	<p>Madrona Family Massage Kandyce Peveto LMT Safe Pregnancy Massage for All Trimesters & Postpartum Office at The Birthing Inn 360-319-5656 www.madronafamilymassage.com</p>
BIRTH DOULA & PLACENTA ENC	BIRTH & POSTPARTUM DOULA
<p>Wintertide Birth Services Birth Doula Safe & Easy Placenta Encapsulation Cloth Diaper Classes 253-677-3562 www.wintertidebirthservices.com</p>	<p>Birth and Bilinka Doula Services Birth, Postpartum and Post Adoption Care https://birthandbilinka.com Etsy Shop For Postpartum Gifts www.etsy.com/shop/ birthandbilinka/</p>



RECOMMENDED SOUTH SOUND SERVICES

Other Doula Recommended Services

PHYSICAL THERAPY	BABY & BIRTH PHOTOGRAPHER
Madrona Physical Therapy Pregnancy & Postpartum Pain, leaking when coughing or sneeze, painful sex Tacoma 253-212-3620 www.madronapt.com	Sage & Soul Photography On call birth photography as well as portraits, family & baby sessions Studio available 253-224-0300 www.sageandsoulphotography.com
PHYSICAL THERAPY	LACTATION SUPPORT
White Pine Pelvic Health Pregnancy & Postpartum In home & In office visits Symptoms related to bowel, bladder, pelvic pain, pregnancy or postpartum Bainbridge Island 206-552-8670	River Lactation In person & Virtual lactation support Breastfeeding classes & Breastfeeding Photography Office at The Birthing Inn www.riverlactation.com/
CHIROPRACTIC	THERAPY
The Healing Space Chiropractic Pre-Pregnancy, Pregnancy, Postpartum & Pediatric Body alignment & Webster Method Hablas Español Sumner 253-987-6646 www.thehealingspacechiropractic.com	Humanity Psychotherapy Couples, Families, Individual, Pregnancy, & Postpartum Depression, Trauma, & Anxiety Virtual Appointments or In Person at The Birthing Inn 832-308-0501 humanitypsychotherapy.com





HELPFUL RESOURCES

Hypnobabies Home Study Program
www.hypnobabies.com

- Complete pregnancy & labor class
- Have a more peaceful birth using hypnosis

RECOMMENDED READING

- Ina May's Guide to Childbirth, Ina May Gaskin
- Pregnancy, Childbirth, and the Newborn, Penny Simkin
- The Fourth Trimester, Kimberly Ann Johnson

ONLINE RESOURCES

- Tacoma Doula Diaries
www.wintertidebirthservices.com/tacoma-doula-diaries/
- Be Her Village, behervillage.com
- Spinning Babies,
www.spinningbabies.com

COMMUNITY RESOURCES

- Family Connects Pierce County -
Free Baby Lounge Events
Familyconnectswa.org
- Perinatal Support
Washington (206) 746-2833
info@perinatalsupport.org