

## Winter 2004

When I began teaching prenatal classes, I asked my husband what he thought was the most important thing people should know about birth, from a man's perspective. His response was – tell them to get a doula. Perhaps the biggest testament to the power of having a doula at your birth comes from his transformation. Prior to our birth experience, he told people “Lori's a dooba, she goes to births when there is no dad”. How quickly he learned that, #1, it is a DOULA (not a dooba), and #2, doulas are for everyone, including women with supportive and loving partners. He learned firsthand of the support, commitment and loving skill a doula brings to birth. He is a changed man who has become an advocate for doulas everywhere. Friends of ours recently shared the exciting news of their first pregnancy, and promptly received an hour lecture from him on why they should get a doula.

In my life, I have been blessed to have attended many birth days, some as a doula, some as a nurse, and one as a woman giving birth. I have seen and experienced firsthand the power of a doula in enriching a birth experience, and in helping birthing families be true to their beliefs. This issue of The Birth Vine is an exceptional one for many reasons – we get a chance to share with everyone what we KNOW is true - doulas make birth better, we received a wonderful flood of articles and submissions, and so we added another 4 pages to share more of your stories, articles, and photographs. A sincere thank-you to all who submitted articles, photographs, poetry, artwork – it is great validation for the editorial team to have such enthusiastic feedback from the readers of The Birth Vine.

The next issue of The Birth Vine will feature

### **UNEXPECTED OUTCOMES in pregnancy, birth and parenting**

– including the times we didn't get what we expected, and the times we got much more than what we ever anticipated. Please share your stories, articles and photos – email them to [birthvine@shaw.ca](mailto:birthvine@shaw.ca)

Thank-you for reading, and contributing to The Birth Vine – make some tea, find a cozy spot, and get comfortable, this is a great issue.

Have a great winter!

**Lori - for The Birth Vine Team**