

Local women hoping to dispell myths regarding doula profession

Will hold information evening March 2

By MELANIE HENNESSEY
The Champion

What comes to mind when you hear the word 'doula'?

Some might think of a midwife, while others simply haven't heard the word before.

That's something Milton doula Jodie Fleming is hoping to clear up at a free information night March 2, when she and two other local doulas — Heather Whitney and Melissa Cassells — are hoping to educate area residents about the services they provide and dispell the myths associated with their profession.

"A doula provides pre-natal, labour, delivery, post-partum and breastfeeding support to women and their partners," Ms Fleming explained.

"I provide them with emotional, physical and informational support. It's not just with the mother, it's the family. We're there to help everybody."

Ms Fleming said in speaking with pregnant women, most aren't aware that doulas exist, or mistake them for midwives, which she noted is far from the truth.

"Doulas do not do anything medical," she said, while midwives conduct medical exams and deliver the baby.

"A doula provides pre-natal, labour, delivery, post-partum and breastfeeding support for women and their partners. I provide them with emotional, physical and informational support. It's not just with the mother, it's the family. We're there to help everybody."
.....
JODIE FLEMING

Other misconceptions, she said, are that women who hire doulas have to have a natural, drug-free birth and doulas will make the partner feel left out during the pregnancy and delivery.

"A lot of partners think that the doula will take over," Ms Fleming said. "But, we're there to help them get involved as

much as they want to be involved. A doula helps the partner feel comfortable with the situation and offers them support and guidance."

Other topics that will be covered at the information night include the benefits of having a doula, like decreasing the risk of having a c-section, and post-partum doulas, who do everything from help with breastfeeding to perform light chores.

The local women also provide pregnancy and newborn photography and bellycasting, which creates a decorative mold of a woman's pregnant stomach.

Ms Fleming noted she's hoping to see pregnant women and their partners, new moms, those thinking of getting pregnant and anyone interested in learning more about doulas at the information session.

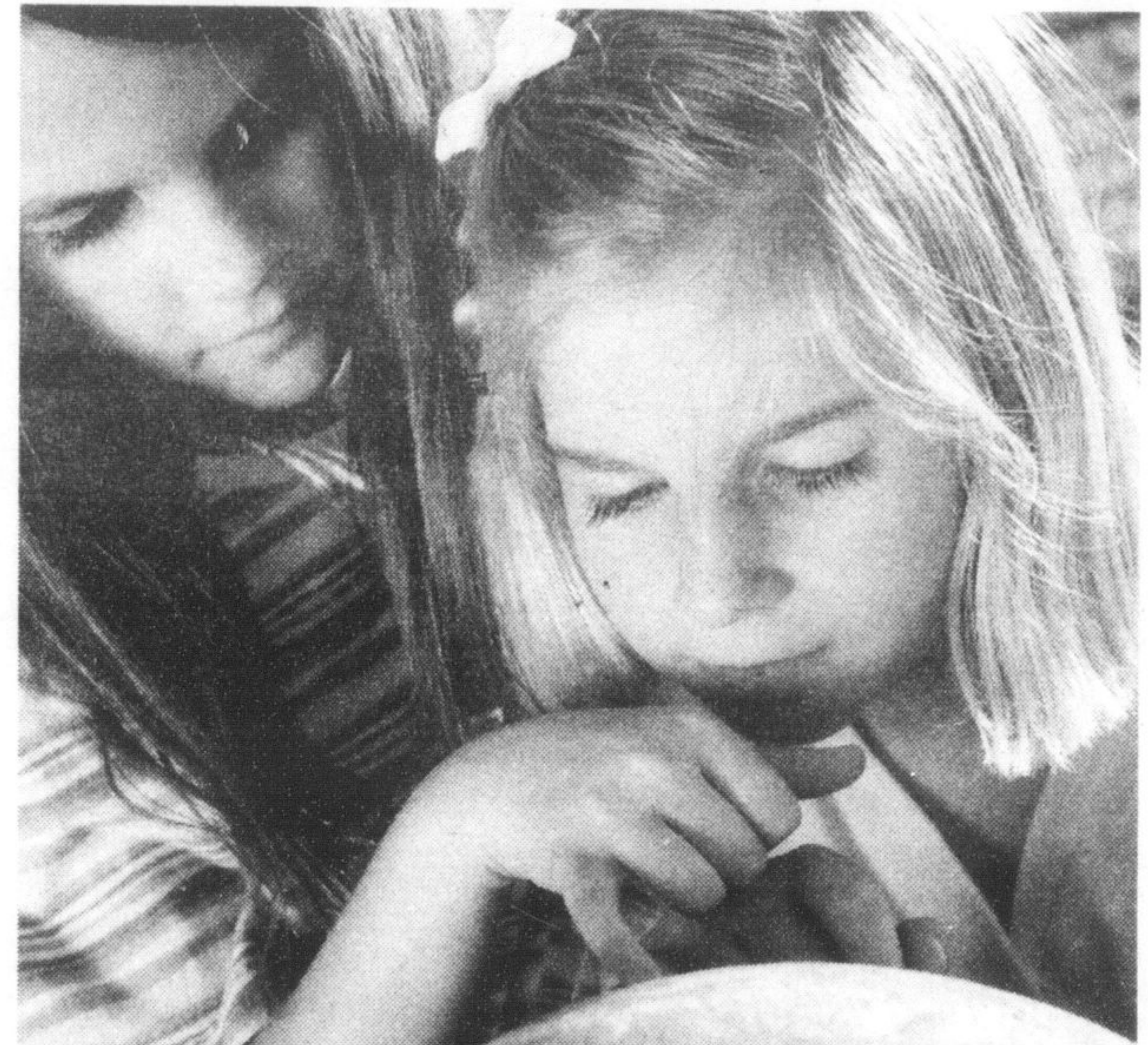
"The main thing is letting them know it's out there," she said. "We're hoping to get the community aware of the services available to them."

The event will be held at the Milton Sports Centre in the banquet hall starting at 7 p.m.

For more information, call Jodie Fleming at (905) 878-3423, e-mail jodie.fleming@sympatico.ca or visit www.freewebs.com/jodiefleming.

Melanie Hennessey can be reached at mhennessey@miltoncanadianchampion.com.

First Star's Famous
Psychic Fair
★ Psychic Readers ★ Tarot Readers ★ Palm Readers
★ Astrologers ★ Numerologists ★ Healers
★ Angel Readings ★ Past Lives ★ Mediumship
★ Aura Photos ★ Free Lectures ★ Vendors & More!
February 11, 12, 13
Fri: 1-10 — Sat: 11-10 — Sun: 11-7
Travelodge Hotel
2020 Lakeshore Rd., Burlington, ON
Admission \$5 — Valid All Weekend — Under 12 Free with Adult



The whole world could be theirs!

OXFORD LEARNING

Unique assessments allow us to discover strengths and limitations in learning styles, and then tailor a program to take your children on a journey of success, higher grades, increased self-esteem and confidence!

Oxford Learning offers programs for all ages from Little Readers (3-5 year olds), Beyond Tutoring Programs (Grade 1-8) to High School Advantage.

Call today. Imagine giving them the tools to take on the world.
Skills for Success, Lessons for Life.

917 Nipissing Rd.
at Thompson

905-693-9978
www.oxfordlearning.com

Install Smoke Alarms
It's The Law.

The Ontario Fire Code requires that every home have working smoke alarms.
Install them in your home or cottage today!

Halton Search.com network

FREE Adult ENGLISH CLASSES with computers (LINC)
FREE Full-time, Part-time, Evenings
FREE Childcare offered at some locations
Home Study program available
Deaf or Hard-of-Hearing students welcome

Call & Register Today!!!
(905) 875-3851
Burlington, Halton Hills, Milton, Oakville

Toll Free: 1-866-277-5462, ext. 227
Visit our website: www.lincpeelhalton.com
Peel program information: (905) 270-6000

Gift Certificate Available!

SPECIAL Valentine Gifts

Manicure/Pedicure/Facial and Back Massage **NOW \$147.**

Deluxe Manicure with Sea Salt and Paraffin **NOW \$26.**

Glow with **Spa One**

84 Main St. E. Milton
(905) 876-3761

Dr. Sven Bacchus
Certified Orthodontic Specialist

Smiles that last a Lifetime

DDS, MSc., BSc., FRCD(C)

Now accepting new patients!
Braces for Children & Adults

- flexible payment plans
- free consultations
- no referral necessary
- call to book your consultation
- doctor on duty on Saturdays & Mondays
- office open Mon., Wed., Fri., Sat.

311 Commercial Street Suite 209 Milton
Tel. 905-875-2995

Orthodontics at **TIN GRINS**