



## **An Explanation of Doula Partnerships**

In the pursuit of better serving our community of families in Rochester, we have joined in a doula partnership.

### **A doula partnership is more than a network of backup support:**

- With a doula partnership you get three doulas on your team.
- This means more brainpower, experience, and resources at your disposal.
- This also means that you can be 100% confident that you will be supported by a doula you know and trust when you are in labor.

### **How do we work together?**

You get to meet all of us at the initial consultation, have time to get to know all of us before the big day as well as utilizing all of us for our guidance and wisdom as needed.

- We are all here for you for birth planning (phone, email and in person at our prenatal visit).
- One of us will attend your labor/birth.
- One of us will attend the postpartum visit at home after you deliver.

Samantha Bonanno and Claire Labrosa are both childbirth educators as well as birth doulas. Kara Snyder is a childbirth educator, certified lactation counselor, and birth doula, who also offers placenta encapsulation.

We look forward to joining your team!