

Welcome baby peacefully

Our doula's favorite support items to prepare you for a mindful and loving delivery



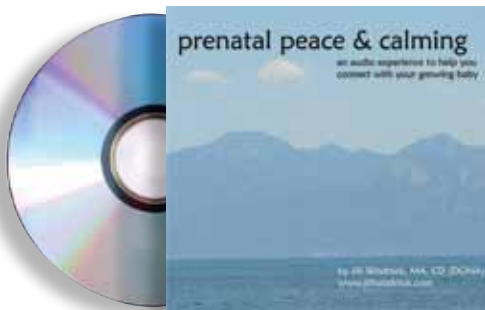
"Designed for labor and birth and endorsed by medical-care providers, these beautiful skirts slip on easily and cover the body comfortably."

Binsi PrimaMama Sport Skirt in Red, \$55, birthinbinsi.com



"Nettle-leaf tea increases iron and is wonderful, but I also like the blend called Welcoming Womb Tea, which also contains nettle. It reduces heartburn, promotes digestion, and builds energy."

Organic Nettle Leaf (8 oz.), \$5, mountainroseherbs.com;
The Healing Pot Welcoming Womb Tea (1.2 oz), \$10, thehealingpot.com



"My guided-imagery practice is for all stages of pregnancy, and labor, too. It helps brainwaves move from alpha to delta, the deepest waves of relaxation."

PreNatal Peace & Calming CD or MP3 download, \$12, montclairmaternity.com



"I give each of my clients these inspirational cards. Some keep them in the bathroom to read each night in private before a shower or bath."

Bless You Mom 56-Card Deck, \$15, blessyoumom.com

"My clients want to nurse but feel a little nervous; the amazing non-profit **BestforBabes.org** shares tips and strategies in a supportive manner."



Jill Wodnick is a certified birth doula and holistic childbirth educator who's passionate about mother and child health. She recently joined the advisory board of Earth Birth, a global nonprofit making childbirth safe in war-torn areas.