



*birth doula*

Information and Services

Cradled by Amanyah

Here to help S.E.E. you through your birth journey  
through Support, Education, and Encouragement

[www.cradledbyamanyah.com](http://www.cradledbyamanyah.com)



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*Thanks for meeting today!*

Thanks so much for meeting with me today! It was such a pleasure to chat, get to know you, and discuss your labor and birth goals. I really appreciate your time! I hope I was able to answer all of your questions during our meeting. Please feel free to contact me via phone, email, or text with any further questions, concerns, or topics you'd like to discuss. I am here for you!

After today's meeting, I will reserve a space for you on my calendar for seven days. After seven days, if I have not received your response, I will release the space being held for other potential clients. Please take a look through this document to review available birth support packages, what to expect and more.

I look forward to working with you and to getting to know you over the next several weeks or months. It is my goal to help expecting families experience the amazing moment your baby is born as fully as possible. My commitment to you is to provide you and your growing family with the best care and support possible, helping you to approach your birth feeling confident, informed, S.E.E.N and surrounded with care, love, and respect.

Blessings,

*Amanyah*



# meet the doula

hi, I'm Amanyah.  
(Uh-Mahn-Yah)

I'm a Christ-centered certified doula, wife, mother of two, entrepreneur, and daughter of The Most High.

After my own natural birth experiences (one BREWTIFUL home birth and another AMAZING hospital birth), I was often asked "How did I do it?", and I often answered, "Through self-education, self-motivation and faith that I was made to do this!"

My mission is to provide epic services and S.E.E. mommas and families through their childbirth journey while dispelling the fears and myths surrounding labor and delivery with  
Support, Education and Encouragement!

Certified by The Doula Academy  
DONA Certification (In Progress)

*Amanyah*

## CONTACT ME!



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[www.cradledbyamanyah.com](http://www.cradledbyamanyah.com)

SERVICING THE DMV IN SELECT AREAS: PRINCE GEORGE'S COUNTY, MONTGOMERY COUNTY, CHARLES COUNTY, ANNE ARUNDEL COUNTY, NORTHERN VIRGINIA (NOVA), DISTRICT OF COLUMBIA (DC)



## frequently asked questions

### *What is a doula? Do I really need one?*

A doula is a trained and professional labor assistant who provides Emotional, Physical, Informational and Continuous, (EPIC) support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible. Countless scientific trials examining doula care demonstrate remarkably improved physical and psychological outcomes for both pregnant, birthing, and postpartum mothers and their baby. Doulas have a positive impact on the well-being of the entire family. Every woman doesn't need a doula, but every woman *deserves* a doula!

### *Can't my partner or best friend be my doula?*

If your partner will be with you during labor, they are already fulfilling a very important role. They are the person in the room who knows you, and your preferences best. They are bringing an amazing tool to your labor - their love and support, but they are not your doula. A doula is an impartial third party that can support *both* of you during your labor. Most partners will experience a range of emotions during labor, from joy and excitement to fear and nervousness. It is very difficult for someone to fully support you when they are managing their own intense emotions in a stressful setting. I can help you navigate your emotions and guide you through any unexpected changes to your birth plan, allowing your partner to be fully present with you *as your partner* instead of as your birth attendant.

Your partner is the expert in you. A doula is the expert in birth. Together, we can create an amazing platform of support to make sure you've got an incredible support team around you as you prepare to meet your baby.

## *What does a doula do- and not do?*

Doulas nurture and support the mom and families throughout labor and birth. My essential role is to provide continuous labor support, no matter what decisions the client makes or how they give birth. Importantly, my role and agenda are tied solely to your agenda. This is also known as primacy of interest. In other words, my primary responsibility is to the mom and families—not to a hospital administrator, nurse, midwife, or doctor. As your doula, I will focus on providing you with physical, emotional, and informational support throughout your labor. This may look like a labor massage or assisting with water therapy; providing you with reassurance, encouragement, and emotional support; or providing evidence-based information or guidance for decision-making during your birth. I will also help you advocate for your needs and preferences, ensuring that your voice is heard and respected at all times.


**Note:** A doula is *not* a medical care provider. I do not offer medical advice or provide clinical treatments, make decisions for you, or pressure you to make a particular choice for your care. Doulas do not take over the role of your partner, nor do we perform clinical tasks like monitoring your blood pressure, checking your baby's heart rate, or catching your baby.

## *When is the best time to hire you as my doula?*

The sooner, the better! If you already know that you want to include a doula on your birth support team, it's a good idea to book as soon as you've made your decision. My calendar may fill quickly, and there may not be space if you choose to wait! Not only does early booking secure your doula, but it also gives you even longer to benefit from prenatal doula support, begin learning and planning, and for us to really get to know each other well before your big day. However, usually, around 25-27 weeks is a great time to hire your doula.

## *What if I choose to have an epidural, or am undecided?*

I support ALL births. I do not have any agenda and offer non-judgmental support. A doula's job is to help you make choices that are right for you - what those choices end up being are not important, so long as they are yours. Doulas are trained to support all kinds of births - at home, in the hospital, with midwives or doctors, medication free or with pain medication, vaginal or caesarean.



## what's included

### pregnancy support

- 3-4 prenatal meetings
- Birth Journal
- Unlimited phone and text support
- Help to prepare physically, mentally, and emotionally
- Discussions about newborn care and postpartum planning
- Guidance for defining your birth preferences or creating a plan
- Community resources, materials, and reading suggestions

### birth support

- Early labor guidance and tips to help labor progress quickly
- Continuous labor support as soon as you call
- Guidance to know when to go to the hospital/birth center
- Support and advice for partners to be involved
- Hands-on comfort techniques and suggestions
- Help to understand and navigate hospital protocols and staff
- Information and support for decision-making during labor
- Help communicating your wishes to your care team
- Post-birth care (help with initial recovery and feeding)

### postpartum support

- Guidance for your recovery and baby care
- Frequent mental health check-ins, discussions, and resources
- Help with all forms of feeding
- Light household assistance like laundry, meal prep, or help with older children
- Community resources and referrals to programs and services
- 2+ home visits to check in



# birth support packages and fees

## Prenatal & Labor Support

*A great option for first time parents or those inexperienced with newborns.*

*What's Included:*

- Complimentary Consultation
- 4 Prenatal Visits
- Pregnancy Journal
- Continuous labor support
- 1 postpartum wellness visit

*Total Investment:*

**\$Love Donation**

## Postpartum Support

*A great option for single parents or those that want more support and resources!*

*What's Included:*

- Complimentary Consultation
- 2 prenatal visits to discuss your postpartum planning
- 2 postpartum visits
  - Light cleaning, infant care & feeding assistance, cooking support

*Total Investment:*

**\$500**

## A La Carte

*Check out the other services I offer! Ask me how to combine these with your birth support package.*

*Additional Services:*

- Birth Plan Creation
- Overnight infant care

*\*Services Coming Soon\**

- Childbirth Education classes
- Belly Binding
- Birth Pool Rentals
- Lactation Counselor

*Total Investment:*

**Prices Vary**

*please note:*

All services require a \$25 consultation prior to booking. The consultation fee is applied towards any service cost. The of balance of your payment is due by 32 weeks.

All prices are subject to standard sales tax. This amount will be added to your invoice.





As your  
*Doula*

I will S.E.E. you through your birth journey, through  
Support, Education and Encouragement.

I will pray for you and your baby's physical, mental, spiritual and emotional health.  
I will remind you of your strength, goals and values  
when you think it gets too hard.

I know you are the expert on you.  
I trust that you will make the best decision for you and your baby.

I recognize that you have the power of choice and I will honor that power whether or not  
they are choices I would make for myself.

I know that each birth is different and you are capable and in charge of your experience.


I will stand by you in your moments of vulnerability and in your moments of strength.  
I will listen with compassion and serve you with my hands and heart.

I believe in you and you were made to do this.







benefits of  
doula support


 **39%**  
decrease  
in the risk for an  
unplanned Cesarean

 **15%**  
increase  
in the likelihood of a  
spontaneous vaginal birth

 **10%**  
decrease  
in the request for  
pain relief medication

 shorter  
labors  
by an average of at  
least 41 minutes

 **38%**  
decrease  
in baby's risk of a low  
5-minute Apgar score

 **31%**  
decrease  
in the risk of parents being  
dissatisfied with the birth  
experience

Source: [evidencebasedbirth.com/the-evidence-for-doulas/](https://evidencebasedbirth.com/the-evidence-for-doulas/)

“

*What clients are saying...*

You're so blessed by The Most High! Thank you for all you do! I feel so welcomed into Cradled by Amanyah. You're making my experience with this so much better."

”



# why i'm a doula

Becoming a doula was something I sort of walked into unknowingly. After becoming a mom at 25 and having a successful, amazing, and unmedicated home birth, I was forever changed.

In labor, I danced, ate, got a pedicure and had the water birth I'd always dreamt of. I learned that no one has to tell you when to push like they do in TV shows, not all women scream at the top of their lungs and yes, it's possible to have your baby and your birth as natural as you desire barring any medical need.

I learned then that I had a choice, power and ability. I was made for this. Women were made to have babies.

Many mothers to be would ask about my birthing experiences and one day, I was asked and trusted to be a family friend's doula. I knew I wanted to provide her the same experience of comfort and encouragement so she could have the birth she desired; and while the pain took her journey in a slightly different direction, I was there to see her through it.

With medical staff in and out, and her partner running last minute errands, I was spraying lavender in the air, fanning her face and offering warm blankets, she had someone only focused on her, while she focused on one contraction at a time.

It was then that I realized, every woman deserves a doula and I was made to be one.

## EXPERIENCE

- Served 3 families
- Serving the DMV for 1 year

## TRAINING

- The Doula Academy (Current)  
Atlanta, GA - 2023
- D.O.N.A (In Progress)  
Doula of North America International -2024

## SKILLS

- Compassionate
- Loving
- Attentive
- Supportive
- Resourceful



let's get  
started

Ready to book your support? Here's what happens next.

1

### *Connect & Consult*

Let's get together to discuss your pregnancy so far, your thoughts, worries, and goals for your birth, and how doula support works. This is a great time to get to know each other to see if we're a good fit!

2

### *Select Your Package*

Take a look through your information package and decide on what support package works for you. Your completed contract and your consultation are required in order to confirm your services with me.

3

### *Your Support Begins*

Once the paperwork is taken care of, your support begins! Get in touch with me whenever you'd like to give me an update. I'll get in touch with you every so often to check in, too!

4

### *Our Prenatal Visits*

Depending on which support package you choose, we'll have either one or two or six visits together. We'll use this time to talk about your birth preferences, your support needs, and postpartum planning.

5

### *Birth Support*

When the big day comes, I'll be ready to join you whenever you need me! You'll have my continuous and undivided attention throughout your labor and for the first two hours postpartum.

6

### *Postpartum Visits*

Depending on which support package you choose, we'll have either one or two visits together. We'll talk about your birth and recovery, your adjustment to parenthood, feeding and baby care, and more!



# helpful resources

A **Free** gift to you. A quick community resource list!

## Recommended Pregnancy Apps

Expectful

What to Expect

Baby Center

## Breastfeeding Resources

Pumping Essentials  
[pumpingessentials.com](http://pumpingessentials.com)

Stork Pump  
[storkpump.com](http://storkpump.com)

Breastfeeding Center  
[breastfeedingcenter.org](http://breastfeedingcenter.org)

## Neighborhood Birth Centers

M.A.M.A.S.  
Takoma Park, MD  
(301) 647-9976

BirthCare & Women's Health  
Alexandria, VA  
(703) 549-5070

Community of Hope  
Washington, DC  
(202) 540-9857

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Doula

