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Blissful birth...

Embrace your birthright

Welcome to Blissful Birth Holistic Doula Care and Childbirth Preparation

Congratulations! Pregnancy and the birth of your baby are extraordinary life experiences full of profound transformation. You deserve excellent support.

{mosimage}Blissful Birth is here to give you the compassionate, committed care that you deserve. Learn more about how Blissful Birth doula care, childbirth classes and workshops can help prepare you and your partner intellectually, physically and emotionally for the profound transformation of your pregnancy, your birth and your journey into parenthood.

*****NEWSFLASH*****We are delighted to be a supporter of the Community Counts Better Birth Initiative <http://communitycountsbetterbirth.wordpress.com/>. Blissful Birth donates \$20 of every doula fee to local nonprofit organizations working to improve birth options for families. Inspired to get involved? Send your donation today! Visit the Coalition for Illinois Midwifery at <http://www.illinoismidwifery.org/> andChicago Community Midwives at <http://www.chicagocommunitymidwives.org/donate/>Thank you for your generous support of mamas, babies and families! :)

Holistic Homebirth Preparation Series Classes Intensive-Full series in 2 SundaysApril 11 and 18, 2010 10am-5pm (Chicago)August 8 and 15, 2010 10am-5pm (Chicago)

Offered in Chicago at Mother Me, this course covers the full breadth and depth of the full series course, but honed specifically to meet the needs of homebirth families. Holistic Homebirth Preparation Class is \$300- full fee is due to reserve your space in class. Register online at <https://clients.mindbodyonline.com/asp/home.asp?studioid=6494> to reserve your space today! :)

What Makes Blissful Birth Unique

Blissful Birth Doula Care and Childbirth Preparation are grounded in a deep commitment to compassionate care for the birthing mother and father or partner and your new baby.

~ We believe deeply in the ancient wisdom of undisturbed birth. Human beings exist as a species because the natural process of pregnancy, labor and birth is innately biologically perfect. Women's bodies are perfectly designed to give birth.

~We believe that birth is a profound journey in a woman's life preparing her for motherhood. Birth is a challenging transition and the passage through labor and birth changes a woman profoundly, instilling in her a primal wisdom and rendering her a mother.

~We believe that birth is deeply important and that the birth experience is intrinsically valuable for mother and baby. The physical, physiological, emotional and spiritual process of natural birth lays a critical groundwork preparing a woman for motherhood, a couple for parenthood and a baby for a healthy extrauterine life.

~We believe deeply in the oneness of mother and child. The mother-baby dyad is a mutually-dependent, attached unit, harmoniously inseparable. What is good for the baby is good for the mother and, likewise, what is good for the mother is good for the baby.

~We believe that love and joy, ecstasy and bliss are the nourishment of the human spirit. Pregnancy and birth are an act of love. The hormones of mothering and love are those of conception, pregnancy, birth and breastfeeding. Love and joy are a critical part of pregnancy, birth, attachment and breastfeeding.

~We believe that each woman is unique, each birth is unique and each baby is unique. Birth is a dynamic unfolding. In honoring the unique experience of each birth, the shifts and changes during the process and the mother's experience of the process, we are dedicated to providing unconditional support and unwavering presence. Every mother deserves compassion, support, flexibility. Every mother in every circumstance needs to be heard and honored and have her needs and wishes respected.

~We believe that doulas should be held to a high standard of ethical conduct. We conduct our care of pregnant and birthing women with respect, honesty and reverence for the sacredness of birth.

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