

"Having Jenna as my doula was one of the best decisions of my birth story. I had previously had a baby and it was a pretty amazing experience, but I had an epidural and most of my labor and delivery wasn't felt. I had told myself I would have a natural labor one day. Well the time came. I had seen that Jenna was a doula and I had been friends with her on FB for a while and loved the way she was so positive and loving with every aspect of life from what I could see. From our first meeting I could sense the love she had for life and birth. I told her my fears and she easily helped me turn them into something positive. At the beginning I was hoping I would have a natural labor but in the back of my mind I said "well if it gets real bad, I will just get an epidural". Then I was able to get in with a midwife and that was so exciting and made things more "real". The midwife said we could do the birth at home or at the hospital...I wanted to be able to do it at home but because I was scared and my back up plan was that "if it got real bad I would just get an epidural," I was still set on having a hospital birth....but Jenna helped me find strength in myself and so much so that I decided on giving birth in my home. It was the best decision of my life. It has forever changed the way I see the beauty of birth and how strong us women are. Through the whole experience she was right there beside me, talking to me so calmly that it helped me stay calm and when I told her I was scared and didn't know if I could do it, she knew exactly what to say to help me find my inner strength and keep going. She not only was there to emotionally give me strength she was also there, physically holding me, when my body had no more strength left in it. When things got scary I was able to just look into her eyes and find calm and peace. Even my midwife was in awe with Jenna. She told me that she was one of the best doula's she has ever worked with. Jenna not once treated me like a client but she treated me like a very dear friend and she will forever hold a place in my heart. "

-Veronica