



## The GIFT of a DOULA!

### Pregnancy

Prenatal appointments for pregnancy support & comfort, birth prep, Nursery Set up.

### Birth

Birth prep, comforting and empowering continual support and advocacy throughout childbirth and transition into postpartum.

### Postpartum

Comforting and healing companionship, breastfeeding support, newborn care, parent education, childcare & development, sleep consultations, household help & MORE!

## Meet the Doula!



Hello Families! My name is Jessica-Lynne Perez. I'm a daughter of God, wife to Danny, mama to "Fifi.", passionately living my call to love.

Having worked in the early childhood and infant care field for over 15 years, I felt called to help families and little ones thrive in a more intimate way, beginning with pregnancy. Once I became a mother and experienced the need for loving servants around this sacred time of "matresence", this call became my destiny. It is my joy to surround families with loving, prayerful, knowledgeable, and evidence-based support pregnancy-preschool. I am passionate about family life, especially the years that encompass pregnancy through preschool, and would be honored to backpack along with you on that journey.

I bring an open heart to the table that is warm, non-judgmental, fun-loving, attentive, joyful, and happy to serve. I intend to bring you knowledge and wisdom for the journey, while respecting your birth and postpartum wishes, whatever they may be.

The BEST way to get to know me is through a FREE 30 min CONSULTATION.

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**ANGEL'S LANDING  
MATERNITY AID**  
Nashua, NH



# ANGEL'S LANDING MATERNITY AID

*Birth & Postpartum Doula,  
Joyfully serving families in the  
Merrimack Valley (NH &  
MA), from pregnancy-  
preschool.*



A birth and postpartum doula is familiar with the hills and valleys of motherhood and can light the path with evidence based care for mama, child and family. Offering insight into all the highs and lows of childbearing, a doula can help you write your birth story and acclimate to parenthood with each new baby.

*Prayer is an essential factor in my personal life. If you are someone who values prayer and your relationship to God, I would be delighted to help you incorporate prayer and worship throughout your pregnancy, childbirth, and postpartum months. I love to start meetings with prayer and praise, use scripture - based birth affirmations, play worship music, light prayer candles (LED for hospital use), and the like. At Angel's Landing, we visualize your pregnancy and journey through birth and postpartum as a sacrament, holy and beautiful, a conduit of God's presence in your life for the world.*

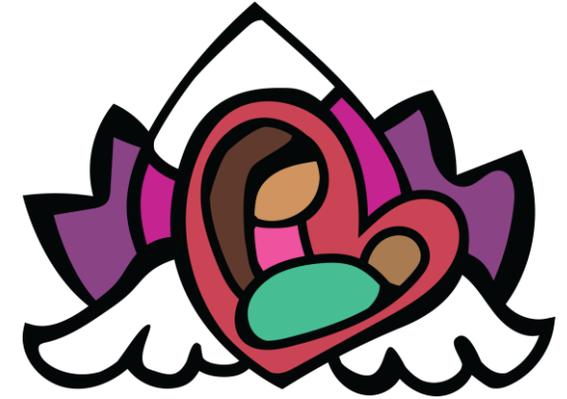
*"What can I say about this lovely woman, there are so many words... -caring-friendly-knowledgeable- Jessica-Lynne... helped me so much, keeping me sane and helping me through my entire twin pregnancy and postpartum. Even though these were baby number 4 and 5 for me, she helped me figure out a long-lasting breastfeeding relationship with my twins, which I'm happy to report is almost at 7 months." - Sarah Elliot, Birth Doula & Family Photographer*

### **WHY HIRE A BIRTH DOULA?**

The evidence for having a birth doula is in.

- 31% decrease in the use of Pitocin
- 28% decrease in the risk of Cesarean
- 12% increase in the likelihood of a spontaneous vaginal birth
- 9% decrease in the use of any medications for pain relief
- 14% decrease in the risk of newborns being admitted to a special care nursery
- 34% decrease in the risk of being dissatisfied with the birth experience

From: <https://www.ncbi.nlm.nih.gov/pubmed/28681500>



### **POSTPARTUM SUPPORT:**

Bringing a newborn home can be intimidating, even for the most experienced. Just the thought of one little life being totally dependent on you is remarkably stunning. For this, a postpartum doula can offer newborn care support, courage through education, affirmation of parental instincts, and connection to resources. A doula is that consistent someone to check-in, who provides tools for the season, without any friction or judgement.

From prepping luxurious baths, giving mama some time for self-care, handling household tasks, to writing birth stories and accompanying the family on appointments. Postpartum doulas are there for you!

