

HAWAII BIRTH DOULA

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Birth Team - Resources & Local Options

MIDWIFE

[Jacqueline Aurora](#)

[Tanya Smith Johnson](#)

[Hale Keaula, LLC](#)

DOULA

[Hawaii Birth Doula](#)

[Wunder Birth](#)

[Ezinne Dawson](#)

LACTATION

['Ohana Breastfeeding](#)

[Healthy Mothers Healthy
Babies](#)

LACTATION SUPPORT

Lactation support professionals are able to provide advice, guidance, and best practices when it comes to breastfeeding.

Unfortunately, breastfeeding doesn't come as easy to everyone. Difficulty latching, nipple confusion, and pain are all very common challenges experienced after birth. Not only can a Lactation Specialist help when problems arise, they can help prepare you ahead of time to have the best experience possible. (*Types of breastfeeding support.*)

Cost & Coverage: approx. \$175 - \$225 for initial consult. Check with your insurance company regarding possible coverage.

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MIDWIFE

Midwives are extensively trained independent health providers specializing in gynecological care from conception to birth and beyond. Midwives may be available for home or hospital birth, depending on their area of focus. Midwives can provide a more intimate, personal experience, discussing your options of birth, pain management techniques, and relaxation exercises.

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What matters most is to realize there is more than one way to birth - and you always have a choice.

DOULA

A Doula is defined as “a trained professional who provides continuous physical, emotional and informational support to a person giving birth before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.” While the person in labor is the main focus of the Doula, this also extends to providing a positive impact for the entire family and friends offering personal support.

Your Doula’s main focus is to nurture you during birth physically, emotionally, and psychologically. This additional support can help actually decrease your laboring time significantly and lower the chances for medical intervention, including C-section. It’s also important to note that your Doula is not going to try and replace the love and support you receive from your partner; in fact, partners benefit from Doulas as well! (*Dona Int.*)

Cost & Coverage: approx. \$800 - \$1,700 Most insurance companies won't reimburse costs but check with your Doula of choice for payment options.

There are many reasons why families turn to Midwives for their labor. From personalized care to extended birth options, your Midwife is more likely to be your partner in birth, monitoring the physical, psychological, and well-being of the individual giving birth.

And what if you require additional medical attention? Your Midwife will likely have great recommendations for you, being familiar with local hospitals and medical teams. (*Types of Midwives*)

Cost & Coverage: approx. \$2,000 - \$4,000 Many insurance companies, including Tricare, will reimburse a portion of Midwife costs.



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