

HAWAII BIRTH DOULA

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Birth Term - Resources & Local Options

BIRTH PLAN

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BIRTH PLAN

A birth plan is a document created by a person giving birth, listing the preferences of labor, delivery, and postpartum care. It is meant to serve as a guide for those assisting with birth, provided no complications arise.

A birth plan not only allows you time to really consider what you would like to happen to your body and baby during birth, it also gives a brief, clear summary to those supporting you.

Cost & Coverage: Free



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PERINATAL MOOD & ANXIETY DISORDERS

Perinatal Mood & Anxiety Disorders are complex, serious illnesses that are often more widespread and common than people realize. Despite being treatable, there can be great misunderstanding and stigma surrounding it, which can lead to long lasting, and even fatal, outcomes.

One significant way to battle this is to become educated about symptoms ahead of time. While some may feel and appear 'sad', anxiety, anger, and irritability are also signs to take into consideration.

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*I thought PPD
was only
feeling sad. I
was exhausted
just trying not
to scream at the
smallest thing.*

HUMAN MILK BANK

Human/breast milk banks serve to collect, screen, process, and dispense human milk donated by nursing mothers who are not biologically related to the recipient infant. Human milk is especially important for preemies or babies who are sick.

Because human breast milk is often the only nutrition tolerated by infants and premies, donations are constantly sought and encouraged. Some women feel a great sense of pride donating breastmilk to those in need, especially when they are comfortable with the amount of milk produced.

Whether you are looking to donate or receive breastmilk, it is important to connect with a reputable source. (*[This is one woman's story of donating breastmilk.](#)*)

Cost & Coverage:

Another misconception about Perinatal Mood and Anxiety Disorders is that they will appear immediately after birth - when, in reality, it could be delayed up to a year after.

If you, or someone you know, may be experiencing Perinatal Mood and Anxiety Disorders, please don't give up seeking advice or treatment. You may also call the local PSI Hotline at 808-392-7985 or text 503-894-9453 for immediate help. (*[Visit Postpartum Support International for more.](#)*)

Cost & Coverage: Many insurance companies cover all or most costs of therapy.



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