



Did You Know That Birth WITH a Doula Present...

- Reduces cesarean by 26%...
- Results in 25% shorter labors...
- Reduces pitocin drug use by 40%...
- Makes it so a woman is 60% less likely to even request an epidural?

Did you know?

I didn't either once upon a time!

Open pamphlet to learn more...

Hello, my name is **Brenda Minica**, and I am a certified birth doula with Childbirth International.



Having six children of my own, I quickly learned along the way how a qualified support team could drastically improve my own birth experiences.

It did not take me long to figure out I wanted to be a professional helper so other women could have better birth experiences as well. I love to see a new life come into the world, so that's an added bonus for me! 😊

If you or someone you know could use some love, encouragement, and support from someone who's "been there" please feel free to contact me with any questions, the sooner the better if you need to reserve your due date on my calendar!

- Brenda

Website: www.doulasanantonio.com

Phone: (210)635-8728

E-mail: brenda@doulasanantonio.com

So, Who Needs a Doula Anyway?

I believe every woman can have a better birth experience by having a doula attend her birth!

For example:

- ♥ **First time moms** greatly benefit from the presence of a doula. The experience of labor and birth is brand new and a doula can help reassure Mom and help her to work with the new sensations her body is feeling.
- ♥ **Moms giving birth in a hospital** are especially helped by having a doula with them. A doula will act as an advocate between Mom and the caregivers to communicate her wishes and assist her in having the best birth possible. This is particularly important if Mom desires a natural birth without medical interventions, or if she wants to minimize their use. If medical interventions are necessary, a doula will educate the parents on their options and encourage them through the entire process.
- ♥ **Moms with a previous birth experience** that was disappointing are much more likely to have a positive birth with a doula present. This includes situations such as previously being medicated, labor induction, having to stay in bed during labor, unnecessary episiotomies, forceps or vacuum usage, long labor, c-section, breastfeeding success, and postpartum depression. All of these scenarios are shown by research to be dramatically improved by the presence of a doula.

Flip for testimonies and more...



“I couldn’t have done it without Brenda...”

“Brenda is such a warm and giving soul - she really made me feel comfortable and important. She found out what things were important to me for the birth of my son and made sure that I got them - she negotiated with the hospital staff when I was in the middle of painful contractions and they were asking me question after question and I was starting to get agitated. She rubbed my feet & back during each contraction, and when I went through transition, she was my strength. I was feeling like there was no way I could get through the pain and she was right there telling me I could. And she was right!

I appreciated that she left for the hospital as soon as I called to tell her I was in labor - even though she lived 2 hours away. I was so relieved when she walked into the room - even though my husband was very supportive, he was not prepared for how emotional I would get as the contractions intensified. Brenda helped me change positions, kept track of my progress and reassured me when I was getting tired and unsure that things were going well. She tirelessly held a back massager on my back to ease the contractions, and helped me in any way I asked.

I couldn’t have done it without Brenda and I recommend her to anyone desiring to have a great birth experience.”

More About Me...

I have been working as a certified birth doula for new mothers in the San Antonio area since 2006.

Besides private clients, I have also worked with SABD to help expecting teen moms who cannot afford to hire a doula themselves.

In addition, I also have a certification as a “Baby’s First Massage” instructor because I love working with expectant moms and their families.

My website has tons of information relating to pregnancy, labor & birth choices, postpartum and newborn care, Cesarean and VBAC, birth stories, the role of a doula, breastfeeding, local resources, etc. etc. etc.

Please visit anytime to learn more, ask questions, reserve your due date on my calendar, or just to say Hello!

- Brenda

Website: www.doulasanantonio.com

Phone: (210)635-8728

E-mail: brenda@doulasanantonio.com



Brenda Minica, CD (CBI)
Certified Baby’s First Massage Instructor



“Brenda was made for encouraging women during labor...”

“Having Brenda attend my 2nd and 3rd births was wonderful! Brenda has been present at my last two home births. She is a wonderful friend and like a sister to me! Brenda knows all the right words to say to me while in labor. There is a beautiful peace when she speaks to me that I believe comes from GOD. I believe Brenda was made for encouraging women during labor and she can share her gift especially by being a Doula.

Brenda was very loving and encouraging to me with prayers and verses that I had requested her to recite to me. She helped me remain focused using peaceful and relaxing techniques. Brenda would massage me when I would have contractions and just soothed me the best she could. She would back off when I asked and return when I would just cry to her. When I cried she comforted and held me and when I could no longer walk she would catch me and when I would scream she would whisper in my ear that it was “okay”... She would say, “I know, I know” or pray for me when she sensed I was feeling like I wanted to give up. I knew she could relate because she’s had several home births as well.

Brenda helped me apply some essential oils that I requested. She was encouraging to my husband, when he didn’t know what else to tell me. Brenda was a beautiful mediator for us. I can’t imagine not having Brenda at any of my births.”