



DOULA SERVICES NORTHWEST

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Postpartum Doula • New Parent Consultant

Client Feedback

~ I am so grateful to have had a confident, calm and most of all "experienced" women with me in this most wonderful yet challenging time as a new mom.

~Holding the babies while I took a hot bath, ate, checked email etc. gave me a bit of "downtime" and a break from my busy day.

~You were so supportive – you helped me learn how to take care of the boys (twins). But probably the greatest benefit was the general support & encouragement you gave me while I was a bit overwhelmed with all the newness.

~You are awesome just the way you are – really! You couldn't have done a better job for us – you were great! That is why I recommended you to other Mom and Dads on the North Seattle Multiples Club website!

~The support Tina provided my wife – a first time mother of twins was invaluable. Tina was a comforting and reassuring presence during this understandably overwhelming time.

~Tina was extremely helpful while I was learning how to nurse. She patiently helped me when I became discouraged or frustrated. She also never judged me when I chose to supplement with formula. I greatly appreciated this.

~You provided so many things...

- ...a mental health break, time for myself to re-energize, you helped build confidence in getting out of the house and provided adult conversation.
- You gave clarity in a time that so much was going on, shedding light on the newness of everything.
- Your insight into the role of the father – differences between mom and dad – challenges – ways of coping with changes to the relationship were so valuable.
- And what I loved most was you were a "safe" sounding board, a secure person to brainstorm with on how to make things better and ways to support a new mom as a person.