



## Tell us about your birth doula experience!

Please take a couple minutes to answer some questions about your recent experience with a birth doula. We appreciate your feedback!

How was your overall experience with your birth doula/s at Gold Coast? \*

My overall experience with my birth doula, Lindsey Lupo was absolutely incredible! She is fantastic at what she does and an authentically wonderful person. She was honest, transparent, and compassionate every step of the way. Not to mention knowledgeable and resourceful. I can't praise Lindsey enough!

How did they support you during pregnancy? \*

While Lindsey ended up being at my birth, both she and her partner, Ashley Forton offered me incredible, practical support throughout my pregnancy and birth. They were always a text away. I kept them posted, at their invitation, after every prenatal visit. They always offered encouragement and perspective. When I experienced any emotional, physical, or mental issues during my pregnancy, I reached out to them and they quickly responded each time, often with research to help me (I was careful not to Google anything myself) or products they could recommend. I was able to trust them, which was huge for me! Though I had hired them, they treated me like a friend that they truly cared about.

How were you supported during labor? \*

I've told her time and again before and I'll say it here, Lindsey made ALL the difference in the birth of my second child which was a VBAC. I had very little confidence that I could birth vaginally and naturally after my older child's birth ended in an emergency cesarean section. Lindsey helped me feel confident and reminded me of my desires for a natural birth when I was given the option to steer away from it. As I was transitioning (unbeknownst to me at the time) I became fearful and certain that I could not carry on naturally. So, I began begging for an epidural. Lindsey talked me through that, again reminding me of my desire for no drugs. She assured me that I could do it, that I was close. Then she helped me breathe! This made all the difference! I have never looked a person in the eyes so intensely as I did Lindsey's during my birth. When she breathed, I breathed. How she breathed, I breathed. And she wasn't there for just me. She teamed up with my husband naturally. They worked together seamlessly. I did the work, yes. But they were my team. And I don't know what I would have done without them.

How was your follow-up visit? \*

Our follow-up visit with Lindsey was great! She brought me homemade herbs to boil for a sitz bath and other helpful postpartum samples every new mama needs. Lindsey asked specific questions about how I was healing and how I was feeling mentally. I appreciate the birth review she provided, helping us remember the details. She shared resources with me and said she'd check in on me from time to time as the months went on - which she has. We spoke candidly about transitioning to a family of 4, marriage, my hormones and body. Everything. It was helpful!

Did your partner feel supported? \*

My husband appreciates Lindsey as much as I do! He felt supported by her and never overshadowed by her. He loved that I had her as a doula but also as another wife/mom to turn to for support throughout my pregnancy and postpartum.

Any feedback on how we could have better served you?

Nope! Keep doing what you're doing and being who you all are. You're fabulous!

Are you willing to write a testimonial we can use on our website and social media? If so, write away! Thank you!

Lindsey was a Godsend! My first birth did not go how I planned, despite my thorough research. With the goal of a VBAC, I decided to hire a doula for my second birth. When my husband and I interviewed Lindsey and Ashley F. we immediately clicked with them. They provided me with a wealth of resources throughout my pregnancy and birth. Lindsey attended my birth and truly helped me advocate for my birth preferences. I honestly don't believe I could have delivered through VBAC without her and my husband by my side. When I doubted myself, she reassured me. When I couldn't manage the pain, she led me through breathing exercises (that made ALL the difference). She coached my husband on how to provide counter pressure to my back when I experienced back labor. I could go on with all of the ways she helped, but then I'd write a book! Her presence alone was a tremendous comfort. She has been just as comforting and helpful to me postpartum. I am deeply and forever grateful to have had her on my team and will hire her in a heartbeat again should I have any more babies. Thank you, Gold Coast Doulas, for your incredible service to the women of west Michigan!

**If you wrote a testimonial above, please copy and paste as a Google Review!**

[https://www.google.com/search?...and click on "Write a Review"](https://www.google.com/search?...and click on \).

Thank you!

Let us know if you have any questions or would like more information about postpartum or breastfeeding support.