

# Birthing news articles

## Having a Baby “San Francisco” Style

Try an easier transition into parenthood with the emotional and physical support of a professional doula. Increased demands on our hospital staff has given rise to the popularity of doulas who are in a position to offer a more personal approach to maternity care.

Imagine being guided through the process – everything from childbirth education, home and hospital labour support, breastfeeding and postpartum support at home for up to 6 weeks after delivery – plus pregnancy massage and infant massage classes to bond with the newborn. This continuity of care is the norm in San Francisco where professional doula and massage therapist, Germaine Reidy, started her private practice 7 years ago. Since moving back to Ireland she has based her practice in the South-East.

Germaine welcomes the opportunity to discuss her services with prospective parents. Call 087.419 4222 or check online at [www.fromthewaters.com](http://www.fromthewaters.com).

