



Businesswoman Rebecca Kauffeld: She Adds Doula Service To Give Back

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Rebecca Kauffeld is a businesswoman in Watertown, WI, who experienced a breech birth but was able to deliver naturally. This inspired her to encourage other women, empowering them to be able to make their own choices in terms of their delivery. To achieve this, she set up the One Blessed Momma blog, as well as a corresponding Facebook page, through which she shares information and encourages women to talk about their own experiences and ask questions. Furthermore, she now volunteers as a doula, in an effort to give back to the community.

Rebecca herself says: "I want to give back by giving my time. I know how meaningful it was to me to have someone fully dedicated to my care. A doula is there to serve."

Doulas are women who dedicate their time to the pregnancy of other women, aiming to give them the best kind of pregnancy and birthing experience. A recent piece of research published by the Journal of Perinatal Education has confirmed that women who are supported by a doula are more likely to have a natural birth and suffer fewer pregnancy-related complications. Furthermore, the research has shown that babies are less likely to have a low birth weight.

Interestingly, DONA International, which is the international association of doulas, has stated that, in 2006, only 3% of women in this country used the services of a doula during their own pregnancy. One thing people will quickly learn about Rebecca is that she is fully committed to changing this. She knows, from her own personal experience, just how beneficial a doula can be, which inspired her to volunteer her own services in that manner.

A lot of people wonder what a doula does, which is perhaps part of the reason why their services continue to be underused. Rebecca aims to address this through her One Blessed Momma blog as well. Essentially, a doula 'mothers the mother' by providing emotional support, focusing on various natural comfort measures such as breathing, informs expectant mothers of their birthing choices, and essentially acts as an advocate for her needs. Doulas even support the partner, ensuring a strong family unit is in place for the newborn baby.

Below is a picture of Rebecca with her class of doulas as they completed a three day intensive labor, birth and post-partum training course offered in Milwaukee, Wisconsin. She is in the first row all the way to the left.

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For more information about One Blessed Momma, contact the company here: One Blessed Momma Ms. Rebecca C. Kauffeld 920-253-7560 info@oneblessedmomma.com W8370 Long Rd. Watertown, WI 53098

One Blessed Momma

One Blessed Momma, a.k.a., Rebecca C. Kauffeld is on a mission to share her story. After her natural breech birth, she wants to share her mission for better birth outcomes worldwide and healthy lifestyle choices for both families and "mommas" alike.

Website: <http://oneblessedmomma.com>

Email: info@oneblessedmomma.com

Phone: 920-253-7560

