



One Blessed Momma Blog Founder Aspires To Be A Midwife In Wisconsin

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One Blessed Momma blog founder Rebecca Kauffeld, who lives in Watertown, WI, has announced that she is now training to be a certified midwife. After a breech birth that she was able to deliver naturally in spite of the fact that a cesarean section was the usual recommendation, Rebecca decided to give back to the community by volunteering as a doula, and by hosting her One Blessed Mommma blog, where she provides women with information and tips on pregnancy and birth, as well as encouraging discussion on Facebook. She now wants to improve on her services by actually becoming a midwife.

"My midwives inspired me to want to give back," says Rebecca. "As a midwife I can give more women options in Wisconsin."

The thing about Rebecca is that she is committed to empowering women to take control over their own pregnancy and birthing experience. As a doula, she achieves this by advocating their choices, focusing on their emotional well-being, giving them comforting techniques, and even supporting the partners. Doulas have

been shown to have a tremendous positive impact on the health outcomes of both mothers and newborn babies.

However, a doula is not a medical professional and Rebecca wishes to give back to the community even more. She feels that she is assisted in that through her servitude to God and she aims to be the best she can be. This is why she is now training to be a midwife as well. A midwife has specialized training in antenatal and postnatal care, as well as in the birthing process itself.

When Rebecca had a breech pregnancy herself, she noticed that few medical professionals have the skills and knowledge to deal with this, which is why so many women end up having a cesarean section. Her goal is to support women through her doula techniques and, soon, professional midwifery, so that they understand the birthing options that are available to them and can make an informed decision at the same time. She encourages everyone to learn what a midwife does and how they support women before, during, and after birth. Inspired by her own excellent midwife care, she hopes more women will be able to have a positive birthing experience.

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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.

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