

Dear Mom and Dad to be!

In August 2007 my husband Nomi and I had our first baby - a girl named Isabel! We had decided early on that we would try to do everything in a natural way. We were fortunate to get in touch with Shira during our second trimester, and she was still available on our due date!

From the day we met her, Shira was extremely helpful. She was stocked with books, tips and fun facts to put our prenatal worries to ease. We loved learning and practicing the HypnoBirthing techniques and listening to the relaxation CD's.

As the due date approached Shira called and checked in with us frequently! She was always willing to answer any questions and help us relax. Speaking of relaxation, my prenatal message was amazing!

Finally the day arrived...my water broke on my due date! We stayed at home and tried to get a little sleep, a shower and some food as Shira recommended. Shira called regularly to check in and was ready to come as soon as we asked her to. We all went walking together on the beach until we agreed it was time to check in at the hospital. Shira lead the way, helped us get all checked in and even brought bagels for the nurses! She had an amazing supply of helpful tools; I don't think I would have made it without the frozen minty washcloths! As the labor progressed, Shira kept me blanketed when cold, toweled when hot and massaged when cramping. Even when it got difficult and my labor seemed to be slowing down a bit she massaged my ankles and soon I had dilated to 10cm's! When I asked for drugs, she helped me to remember my birth plan and encouraged me to try a little bit longer without. She was right! I was very thankful that she had been there to help me stick to my plans! She was great, and I know I couldn't have done so well without her!

After the baby was born, she quietly stepped back so that our new family could bond. She continued to check in on me, helping with breast feeding and encouraging me through the any postpartum difficulties.

I would and do recommend Shira to all my pregnant friends!

Kindly,

Amy Malik