



Happy March!

No matter how you feel about our “winter” this year in Minnesota, we officially welcome spring on the 19th! (We have your back- as a friendly reminder- clocks spring forward on March 10th).

The season of spring symbolizes a time of birth and growth. This is something Everyday Miracles understands well, literally, but figuratively as well. We are growing our community, ourselves, and the services we offer.

Are you wanting to be intentional this spring about your growth too ? Let's [connect!](#)

March Events and Important Dates

March brings awareness to a number of important topics we want to draw attention to- whether it is a day, a week, or all month! Check out how you can get involved.

International Women’s Day March 8th, 2024

- The theme this year? [Inspire Inclusion](#)
- March 14th- 5pm to 7pm at the Weisman Art Museum

The U of M is hosting Empowering Women, Transforming Lives: A Global Celebration of Safer Motherhood in honor of International Women’s Day. This event is to raise awareness and promote action for a safer world for mothers by addressing disparities in health outcomes. Get your ticket [here](#).

World Doula Week March 22nd-28th

We are incredibly proud of our amazing doula’s- and they deserve more than just a week of recognition!

Doulas increase the health and wellbeing of our families by providing continuous labor support, decreasing the risk of surgical births, advocating for families and so much [more!](#) Make sure to check our spotlight below featuring Tricia for more details of how she is benefiting the families she supports through pregnancy, birth and postpartum.

You can also read more about how you get involved in World Doula Week [here](#).

Want to say thank you to your Everyday Miracles Doula? Email Sara (sara@everyday-miracles.org) or fill out this [form](#).

Women’s History Month

- Women’s History Month St. Paul is hosting a variety of events that celebrate the accomplishments of women from workshops to performances. Take a [look!](#)
- March 24th at 3 pm- Women’s History Month Tea Party- Celebrate local women that have helped to shape our community in style! Get your ticket for High Tea [here](#).

Cerebral palsy is a neurological condition caused by lack of oxygen that occurs during the prenatal period, birth, or soon after delivery. The condition is significantly more likely with [preterm birth](#). Having a doula present decreases the risk of early delivery, which can be read about [here](#). The work of Everyday Miracles is helping to further decrease the risk of this permanent injury.

- Curious about how you can help? Wear green, promote awareness with #GoGreen4CP, or attend an [event](#).



SPOTLIGHT:

Tricia is a doula, registered dietitian, and plant parent that nurtures her inner child through creating choreography. Dancing is how she reminds herself of the joy that children naturally emanate- and that she deserves to be purposefully happy too.

A natural caretaker from her childhood, she finds joy in helping others. Her path was also shaped by witnessing her mother's suffering from infertility and having a traumatic cesarean delivery. "She tells me, I needed someone like you." Tricia now views her work as healing the generational trauma from her mother's experiences. This is especially rewarding for her when serving mothers with previous negative births, stating, "I love seeing how overjoyed and excited the clients feel when they feel like they could have a choice in birth this time."

The beauty of birth is that it allows for emotional processing- it is an opportunity for healing.

She describes being a doula as "being an advocate and a friend." Drawn to vulnerable populations, and black women's health, she empowers women through education on their choices and being a "medical translator". Wisdom and caring is shared with her clients beginning from the pregnancy to well after the birth. Her formula for her amazing services? Building relationships, infusing women with confidence in their abilities, fostering intuition, and increasing knowledge of their body's. The babies are wonderful to be around too.

Tricia reports that her families love the care they receive through Everyday Miracles- "It's a one stop shop." She stated that the variety of services provided helps women access the care that they really need because of support and reducing barriers. Tricia reports the organization provides streamlined care that is affordable, and reduces emergency room visits.

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