



### *Our Services Include:*

- ◆ Prenatal & Postpartum Support and Education
- ◆ Doula (Professional Labor Support) Service
- ◆ Breast Pump Delivery and Breast Feeding Support
  - ◆ Car Seat Education
- ◆ Prenatal classes in English and Spanish



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Supporting Birth one Miracles at a time

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**Our Mission:** To Empower, support and educate women during pregnancy, labor and postpartum, by providing non-judgmental, support services to at-risk mothers regardless of age or culture.



Co-founders Debby Prudhomme and Mary Williams gave birth to Everyday Miracles in 2003. They have a strong advocacy for pregnant women at risk in the twin cities and surrounding communities. Their passion has brought them together with midwives, doctors and other care providers to provide optimal care for pregnant women and families.

## Doulas provide support with:

- ◆ Facilitating communication between the laboring woman, and care providers
- ◆ Nurturing and protecting the woman's memory of her birth experience
- ◆ Assisting in the preparation and the carrying out of plans for birth
  - ◆ Staying by the side of the woman throughout the entire labor
- ◆ Emotional and physical support
  - ◆ Decreased length of labor
  - ◆ Increased satisfaction of the birth experience
- ◆ Encouraging parent-baby bonding
  - ◆ Fewer cesarean births and less medication usage
  - ◆ Longer breastfeeding
- ◆ Providing a trusting relationship

## About the Doulas at Everyday Miracles:

- ◆ DONA Trained and Certified
- ◆ Represent diverse Communities
  - ◆ Fluent in 10 languages
- ◆ Care about women's needs
- ◆ Have a passion for their work



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