The first pregnancy and specially the first baby is a very exciting experience. Everything that is happening is new for you and you want to be prepared as best as possible.

During the first months of my pregnancy we were wondering why people were asking for a doula to have support during this process. We never thought that a doula could help us so much. Once we started getting into the Dutch system and talked with people that had a doula, we thought that might be good to contact one that could speak our language and that could guide us during the process. Doula Yusette was recommended from a couple that have had a good experience with her. She was open to have a first appointment with us to discuss about what we should expect from her and to help us understanding the support that she could bring us.

Throughout the whole pregnancy, she was there to answer our questions, helping us to understand the Dutch system and guiding us to prepare our birth plan. She was always providing us information and published articles very useful to decide what do we wanted.

We had a fantastic birth experience. I've never thought that I could give birth without any pain relief. With Yusette I was able to decide by myself that we could try to handle labour without any pain relief and we did it. Yusette supported us during the whole labour process, giving us our space but at the same time being present guiding and helping us in all we needed. The words and the acupressure massaging were helping me to handle the contractions.

We are very happy with our decision of having Yusette for the birth of our first son and we will definitely consider to contact her again in the future. Thank you very much Yusette for all your help and support.