



Nurturing Notes

DECEMBER 2025

Doula vs Midwife

Addition to birth team

Instead of OB

Hands on, but non-medical

Clinical Care

Helps with Comfort

Keeps you and baby safe

One birth at a time

Might have multiple births

Source: [internationaldoulainstitute.com](https://www.internationaldoulainstitute.com)

Fun Fact

Sympathy symptoms are a real phenomenon. Expectant partners sometimes experience "sympathetic pregnancy" with symptoms like weight gain, nausea, and even labor-like pains. Called *Couvade syndrome*, it's believed to be caused by hormonal changes, stress, and empathy for the pregnant person. This is not a medical condition and does not need treatment.

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

~ Serena Williams ~

Reiki Benefits

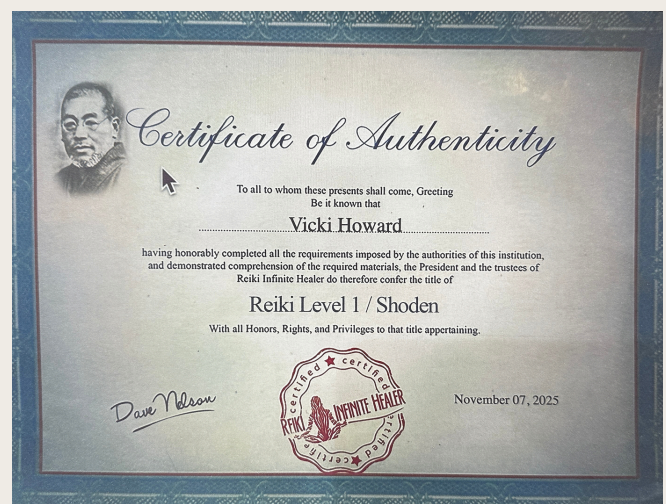
Reiki can support pregnancy in many ways, including:

- alleviating morning sickness
- reducing stress and fatigue
- supporting healthy fetal development
- easing discomfort in muscles, joints, and the spine
- nourishing the baby with loving, calm energy that comforts and protects
- helping maintain balance in mind, body, and spirit, which may reduce the risk of postnatal depression
- accelerating recovery for both mother and baby after birth, including support for cesarean healing and postpartum stitches



Pregnancy Myth

The belief was that carrying a girl means she "steals" the mother's beauty, causing acne and dull skin, while carrying a boy gives the mother a glow with clear skin and shiny hair. In reality, these skin changes are simply the result of hormonal fluctuations.



Reiki Certification

Reiki is a Japanese energy-healing practice that uses light, non-invasive touch to support the body and mind, encouraging relaxation and balance.

Reiki is safe for both an unborn child and their pregnant mother, and can be a deeply beneficial part of prenatal wellness.

From the Reiki Infinite Healer Online Course taught by Dave Nelson.

Match-Up

Draw a line to connect each word with its definition relating to pregnancy, childbirth, or babies.

- | | |
|-----------------------|--|
| A. Fontanelles | 1. Baby's head becomes visible |
| B. Crowning | 2. Organ providing nutrition to the baby |
| C. Meconium | 3. The thinning of the cervix |
| D. Ceravida | 4. A newborn baby - typically the first 28 days of life |
| E. Effacement | 5. Soft spots on the newborns head that allow for compression of the skull during childbirth |
| F. Breech | 6. A baby's first stool usually dark green and tarry |
| G. Placenta | 7. When baby's buttocks or feet, rather than the head, are positioned to come out first |
| H. Neonate | 8. The total number of pregnancies a woman has had |

Answers: A-5, B-1, C-6, D-8, E-3, F-7, G-2, H-4

Four Loves Doula+ Updates

I have openings in January and February and would love to help you welcome your winter beauty. I am continuing to work on my postpartum certification, and I am looking deeper into the benefits of Reiki in pregnancy, childbirth, babies, and children.

Look for me!

Find me online at [Doulas of Lincoln](#) and [DoulaMatch.net](#)

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