



# Birthing Hands

Midwifery and Birth Services  
Your Journey through Birth: Handled with Care  
Claudia Booker, CPM

## BirthCare Birth Assistant

Claudia Booker, CPM,  
LM, CD (DONA) (ICTC),  
CCCE, LLLI BPC

- Certified Professional Midwife (CPM)
- Home Birth Midwife
- Va. and Md. license
- Monitrice
- IUI services
- Birth Doula
- Placenta encapsulation
- Herbal sitz baths
  
- Culture and life-style sensitive

## Congratulations on the upcoming birth of your baby!

What a wonderful time in your life and that of your family! I view being selected to serve as your BirthCare birth assistant as a personal invitation to share in a private, sacred and monumental moment, and I cherish that invitation.

## My Role As Your BirthCare Birth Assistant

I am responsible to the BirthCare midwife, serving as her second pair of hands, and assist her in many ways, including, setting up the birth supplies, monitoring yours and the baby's vital signs, and providing immediate postpartum care to you and your baby. In addition, I provide support to the midwife during any procedure that may arise. I am available to you and your birth team, to provide guidance on physical comfort, informational and emotional support, and suggestions to help your labor progress naturally and peacefully. I pride myself on being a "ninja birth assistant" and performing my services for you as unobtrusively as possible. I take extra care to learn about your lifestyle, culture and specific needs and requests to help you create the birthing experience you envision.



## My BirthCare Birth Assistant Services

- ▶ Attend one pre-hire interview with you so that we can determine if I am the birth assistant who will best meet your needs;
- ▶ Attend one prenatal visit in your home around your 36th week at which time we will check your supplies, review your prenatal history and talk about your birth plan. Additional home visits can be arranged if you would like;
- ▶ Be available, by telephone or email, to provide support and information in response to any concerns or questions you may have once I am hired;
- ▶ Be available, by telephone or email, on the evening of each midwife visit once you reach 36 weeks, to discuss the progress of your pregnancy and any induction plans;
- ▶ If you have not gone into labor by your 41st week, provide support and suggestions during the induction period;
- ▶ Be available “on call” for labor support and consultation, 24 hours a day, for a period beginning at your 37th week and up to 2 weeks past your estimated due date or the birth of your baby, whichever comes first;
- ▶ Provide birth assistant care during labor and birth with the BirthCare midwives in your home or at the birth center, as instructed by the BirthCare midwives;
- ▶ If, prior to reaching your 37th week or, if at 42 weeks you transfer out of the BirthCare practice for any reason, support you at a hospital birth in the role of a labor doula, if there is no schedule conflict;
- ▶ If at any time from 37 weeks and on, during the course of the pre-labor, labor, or birth, BirthCare determines it is not appropriate for the continuation of a home birth/ birth center birth, support you at a hospital birth in the role of a labor doula, if there is no schedule conflict; and
- ▶ Attend one postpartum visit within the first three days postpartum, at which time I will check your health and that of your baby, provide lactation/ breastfeeding assistance, and answer any questions you may have. If your baby is born in the hospital, attend one postpartum visit within the first week of your return home, at which time I will check on you and your baby and answer any questions you may have.



Claudia Booker

## About Me

I am a home birth midwife, Certified Professional Midwife (CPM), and I have been a midwife birth assistant at BirthCare for about ten years. I spent over three years as a midwife birth assistant at the Family Health and Birth Center before joining the BirthCare birth assistant team in 2007. I also birth assist with other local home birth midwives.

In addition, for the past twelve years, I have served almost 1,000 families as a home birth midwife, birth assistant, and birth doula in hospital, birth center and home birth settings. Because I spent much of my young adult years working as an assistant in my father’s pediatric practice, I am very comfortable with infants, new parents, and the various medical care provider communities.

I am very much a hands-on birth assistant; I am a doula at heart who is skilled in the midwife birth assistant arena with the ability to provide labor support guidance to your labor support team.

During the last two years I have taken several courses with Kristen Kali, CPM, of MAIA Midwifery and Fertility, to better provide services to the LGBTQ birthing communities. I am an active member of International Center for Traditional Childbearing (ICTC), DONA, La Leche League International, CAPP, DC Breastfeeding Coalition, Mocha Moms of Washington, DC, and the District’s Infant Mortality Review Committee. I am a practicing attorney in Washington, DC and the proud mother to daughter, Azulai, who is a pre-school teacher. I live in Northwest Washington, DC, which makes Virginia, Maryland and DC easily accessible to me.

Please visit my website, [www.BirthingHands.net](http://www.BirthingHands.net) to learn more about me and the various birthing services I offer.

## CREDENTIALS AND TRAININGS

In addition to the neonatal resuscitation, BSL health care provider’s first aid and CPR certifications that all BirthCare birth assistants must have, I have certifications as a birth doula (DONA) and labor and post partum doula (ICTC), breastfeeding peer counselor and peer counselor program manager (La Leche League International), and childbirth educator (CAPP).

I am an experienced practitioner of Reiki, Spinning Babies, TENS, acupressure, myofascial release in labor, rebozo,

homeopathy and herbalolgy for pregnancy and labor. As part of my birth assistance and midwifery training, I spent part of six summers being trained by Ina May Gaskin and the midwives at The Farm in advanced midwife assistant skills, and basic and advanced midwifery skills. In addition, I received post-midwifery advance skills training with Ibu Robin Lim in Bali. During the summer of 2014 I served as a midwife in Dulag Philippines for the women whose lives have been devastated by Typhoon Yolanda.

I also provide: placenta encapsulation and custom made herbal sitz baths for post partum perineal care; and I can bring a birthing stool and TENS machine to births. Although I practice solo as a birth assistant at BirthCare, I ensure that I will be available for your birth by setting the number of BirthCare clients I accept each month at a manageable number and have a back-up arrangement with other BirthCare birth assistants. I am willing to work with any other birth assistant you may want as a backup.