



Doula Vitae, LLC
Lucinda Tarr, Owner and Doula
63 Farm Field Lane
Sharon, VT 05065
www.doulavitae.com

I am Lucinda Tarr, a full-spectrum doula serving families throughout Vermont. For the last four years I have had the amazing experience of helping families through their birth journeys.

I first became a birth doula because of my fascination with birth. As I share with many, the first time I had the honor of supporting birth, I felt like I was exactly where I was always meant to be. Little did I know at that time, the passion I would develop for advocacy, education, and empowerment of others, would become my true passion and what I would strive for each and every woman and their partners to achieve. I tell everyone that I support, my job is to pull back the curtain and prepare you for the journey ahead so that if I couldn't get to you, you would have the confidence to support each other and lead your own way.

Women and their families deserve to have the support that helps them use their voices and trust their minds and hearts to make the decisions that are right for them. They learn to ask the right questions, trust their own instincts, and look within to find a belief in themselves that they didn't know existed until their labor journey begins. The surfacing of this belief is one of the top reasons that women can make wise decisions through their journey and when reflecting upon it, they feel confident in each and every moment.

Prenatal appointments focus on preparing mentally and physically for the remainder of pregnancy and for labor, birth and postpartum. I make space for my clients to share their fears, frustrations, and anxieties. Through reassurance that all feelings will be embraced, listened to, and managed (if needed) it helps clear the emotions and fears that can often block a woman's mind when they go into labor. I provide a shoulder to lean on, an ear to listen, non-judgmental support, and a brain full of positions, breathing techniques, meditations and any and everything else I need to use for families to have the best outcome they hope for.

In the hospital or birth center, I use my skills as needed to help a woman cope with the sensations of labor, help in keeping the birth partner engaged and cared for, and act as

a bridge between providers and clients to be sure that questions are answered, and interventions are brought forth only when necessary.

I have supported people throughout all socioeconomic classes; those who can afford to hire a doula should not be the only class who benefits from the care, support and education that is provided. I want to help erase the statement – “I can’t afford a doula.” I volunteer my time to those families – educating, advocating for and helping them feel worthy of care regardless of what means they do or do not have.

A story to share:

My client contacted me early in the pregnancy, just after she found out that she was having twins. At thirty-six, already in the high-risk category due to her gestational age, she had the potential of facing many interventions, everything opposite of what she had hoped for. Her biggest concern was advocacy, not only with her own voice, but with a team who would support her wishes to help her birth her twins vaginally. Throughout her pregnancy we communicated regularly and with her permission to speak to her providers, I was able to add a level of support that truly backed what she believed her body could do. Advocacy isn’t always about getting things exactly the way you think they should be, it is also about compromising and finding understanding that will be of benefit to everyone involved. We found that middle ground, together. My client carried her twins until 39 weeks, and birthed her healthy 5+ pound boys, only minutes apart from each other. The journey took some twists and turns but when they reflect on their journey, it is with nothing but joy in their voices and hearts. In her own words, “From our first call, she encouraged me to ask questions, advocate for what I felt would be best, and push the limits of what might be possible within the given parameters. From her skilled, sensitive touch and direction, her knowledge and intuition for effective positioning, to the way she worked seamlessly with the medical team, it was truly an honor and a joy to have Luci with us to be part of something so extraordinary.”