



**01**

## **ADD A BEREAVEMENT DOULA TO YOUR BIRTH TEAM AND RECEIVE:**

- a memory box of keepsakes, photography, and more
- support before, during, and after your birth

**02**

## **BONDING & PREPARING**

- a time for love, joy, and making memories
- find ways to involve other family members

**03**

## **KNOW YOUR BIRTH OPTIONS**

- how this birth might be different
- your doula can help you navigate this special birth

**04**

## **JOY AT YOUR BABY'S BIRTH**

- the Welcoming & the Farewell are two distinct events
- create personal memories that help you remember something besides the pain

**05**

## **HEALTHY GRIEVING**

- your doula has a list of ideas for:
- less traditional celebrations of life & local resources
- jewelry, artwork. or other items that bring you joy

**06**

## **WORDS TO MEDITATE ON**

*Pain must be part of the experience, for it is the pain of love*

*The word bereaved literally means "to be torn apart"*

*It is ok to need to be "suspended" and to experience numbness, inactivity, quiet, and stillness at your baby's birth*

*It isn't about the stuff; it's about the love that inspires it*

*Our goal is to set an atmosphere that makes your baby the first priority and death secondary*

*Your baby is a pebble that creates ripples of love*

Cicely Gutierrez

Birth & Bereavement Doula  
serving Flagstaff & Winslow  
Arizona

cece.gutierrez@yahoo.com  
928-587-6476

all bereavement resources  
and support are free of  
charge