



Naturally Nurtured
BIRTH SERVICES



Nurture. Rest. Reset.

Every family deserves a doula.

www.naturallynurturedbirthservices.com



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In order for people to experience birth in a way that is nurturing to their inner self, we must release power back to the bodies that are giving birth and provide a safe space to learn and recover in.

-Shanille Bowers

Founder and Executive Director

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About Us

Naturally Nurtured Birth Services began as a solo practice in 2018. It was founded due to increasing health disparities amongst marginalized communities, specifically black birthing people and lack of extensive birth support in Memphis, TN. It has since expanded to a team of compassionate birth workers collectively making a difference..

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What We Do

We support all types of childbirth and parenting scenarios. This includes natural births, epidurals, cesarean births, multiples, NICU stays, breastfeeding, chestfeeding, induced lactation, bottle feeding, high-risk pregnancies, hospital, birth center and home births.



01 Emotional



Doulas help families to feel supported, easing the emotional experience of birth and also helping to create a space where physiological birth can take place. Whether a birth is completely unmedicated or medically complex, every family can benefit from the nurturing and compassionate care of a doula.

02 Educational



Our doulas are trained to help families connect with resources so they can ask great questions and make informed decisions about their births. Doulas serve as a bridge of communication between their client and their providers, lifting them up to help them find their voices and advocate for the very best care.

03 Physical



A doula's skilled hands and positioning tools can often help a malpositioned baby find its way through the pelvis and into the birthing parent's arms. Providing position ideas for comfort and labor progression with hands-on comfort measures like touch, counter-pressure, breathing techniques and other evidence-based support for families.

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Why We Exist

Naturally Nurtured Birth Services strives to amplify the voices of birthing people and improve black maternal health in our community by providing culturally congruent and appropriate doula support to those at risk of poor outcomes.

3-4x

Black women are **3-4x more likely** to experience a pregnancy related death than white women in America.

2-2x

Black babes die at **2-3x the rate** of white babies before they reach their first birthday.

- There are racial disparities in Tennessee mirroring the national trend. Between 2017-2020, 113 women died from pregnancy-related causes. 89% of these deaths were deemed preventable and highest among black women.

Eliminating Racial Disparities in Maternal and Infant Mortality A Comprehensive Policy Blueprint, May 2019
Solving the Black Maternal Health Crisis Will Require Advancing Access to Community-Based Doula Care, April 2022
 Tennessee Annual Maternal Mortality Review, 2022

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Meet the founder



Shanille Bowens founded **Naturally Nurtured Birth Services** in Memphis in after suffering many pregnancy losses and experiencing a traumatic pregnancy and birth. Because of her passion for Black women and her community, she desperately sought ways to empower those giving birth, decrease health disparities and improve birth experiences.

Naturally Nurtured Birth Services is operated by **women of color**. Our team consists of empathetic and compassionate women who are dedicated to improving maternal health care through support and education.

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Locally, there is only one birth center in Memphis, TN and zero doula support centers available to families.

Internationally, less than 5 percent of community birth centers are led by people of color. There are less than 5 doula support centers that exist in total across the United States.

Historically, black birth workers faced competition, criminalization, and exclusion from their practice by physicians who sought to ban them from the profession.

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Our Mission

To provide a safe place of rest, restoration and education during the transformative experiences of pregnancy, birth and postpartum by offering education, support services, training in a culturally congruent communal environment for those seeking **collective care**.



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Naturally Nurtured Birth Services looks to
raise **\$300,000** for the purchase of
property to house a support center with
room for future expansion



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Just as a woman's heart knows how and when to pump, her lungs to inhale, and her hand to pull back from fire, so she knows when and how to give birth.

-Virginia Di Orio

We believe that birth is a holistic experience, and we offer support that addresses the physical, emotional, and spiritual needs of the families we support.

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Why Collective Care Matters



Collective Care...

- Collaborates with community organizations to share information and formulate creative ways to solve problems
- Respects the power of group resolutions and togetherness
- Honors all bodies in ways that promote recovery
- Works as a team to effectively provide support from all angles
- Values shared resources
- Doulas who are part of the same community as the people they serve are more likely to be culturally competent and aware



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Nurture

Phase

We envision a space where we can educate families about the benefits of doula support, childbirth, wellness and the importance of informed choice in birth settings.

This space will also be used to train aspiring doulas with a focus of reducing Black maternal and infant mortality rates by having more boots on the ground in birth work.

Services

- Childbirth Education
- Lactation Education
- Nutrition Education
- Mental Health Services
- Prenatal Yoga/Movement
- Support Groups/Meetings
- Community Events
- Community Closet
- Baby/Mommy Food Pantry

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Rest

Phase

We envision a space where families can bask in nature, be free from trauma, breathe, exhale and release what no longer serves them.

Offerings

- Massage Therapy
- Mental Health Services
- Prenatal Yoga/Movement
- Support Groups/Meetings
- Mother's Day Out
- Community Garden

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Reset

Phase

Birth is transformative. Not only are babies born but mothers and fathers are also born. We choose to walk beside both in the journey offering tangible, physical support free from judgement in an space for bonding where it is safe to surrender to all emotions.

Postpartum Recovery

- Postpartum Suite
- Lactation Support
- Postpartum Doulas
- Perinatal Mood Disorder Screenings
- Nourishment

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Phase Goals

For each phase we intend to raise the following:

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Nurture Phase

\$100,000

Rest Phase

\$100,000

Restore Phase

\$100,000

Grand Total

\$300,000



Our Impact

The impact of doula support goes beyond the positive statistics that prove we indeed make a difference and embeds itself in generations that reclaim their power in birth. We believe that the families we serve deserve a liberating space of their own to thrive in and cultivate a community of restorative refuge.

We are certain that this hope in the unseen, if brought to flourish will positively impact Memphis and build stronger families. When mothers, families and babies live and thrive, the foundations of homes become solid, trauma is reduced and joy remains.

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Stay in touch



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