

In an effort to bring pregnant women together in a relaxed social setting, the Great Bay Doulas began their popular Mocktail Parties in the spring of 2011 and they are going stronger than ever! What's a Mocktail Party? It's a big bellied girl's night out, a cocktail party

minus the alcohol; it's an opportunity to get together with other pregnant women and share excitement, milestones, fears and questions. Krista Maltais, Darcy Sauers and Amy Peterson, three seacoast area certified doulas and lactation counselors, host these fun events at local venues on a monthly basis.

Each event has a theme – whether it's baby calming or breastfeeding; and the doulas come prepared to answer questions and facilitate discussion, as well as offering lots of opportunity for hands on practice. With their realistically weighted Great Bay-bies in tow, the doulas tackle baby wearing, swaddling and labor positioning. There are birthing balls to practice with and wraps and slings try. Often the parties include moms who have just given birth and can share their fresh perspective on the experience. The doulas keep it real. From placenta pills to postpartum depression, no topic is taboo. The casual, fun atmosphere makes it easy to bring up difficult topics and to connect with the other moms in lasting friendships.

The Great Bay Doulas are honored to have the support of many local businesses. With that support and national businesses they are able to offer some amazing door prizes, samples, and special coupons or offers to all of the guests. Come join the fun. Visit the Great Bay Doulas website for more information at greatbaydoulas.com and follow the conversation on facebook.

