

Semilla Sagrada, Compañerxs De Parto



Client testimonials and total number of appointments, births, and interactions.

March 2022-December 2023

Semilla supported 29 births.

- 90% of Semilla clients reported that their doulas encouraged and helped them feel confident.
- 81% of Semilla clients reported walking away from their birth experience feeling proud and dignified.
- 90% of Semilla clients felt understood by their doula regarding specific challenges, strengths, and cultural considerations of their community.
- 90% of Semilla clients felt encouraged by their SisterWeb doulas to use all of the resources available to them during pregnancy and early parenting.
- 90% of Semilla clients said that doulas helped me feel connected to their body in pregnancy, birth, and postpartum.

Semilla held 87 prenatal and 89 postpartum appointments. They had 180 client interactions outside of appointments by phone (58%), video chat (22%), and in-person (20%).

"Having a doula made my journey so much easier during my pregnancy. **I felt supported and heard and not alone in a time where I felt my worst.** It feels good having someone who you trust during this process especially if it's your first time having a baby. Them sharing the knowledge they have with you can truly help with your confidence as a parent."

- Semilla Client



90% of Semilla clients reported that doulas helped me feel more confident navigating healthcare systems and understanding their rights and options.



"I would recommended 100% because **it was a huge support before during and after my pregnancy especially during labor** having their presence gave me strength on the moments that I needed the most." - Semilla Client

"[El beneficio más grande fue] todos los recursos que me brindaron, **la información recibida que me ayudo aprender más y así llevar un embarazo saludable** y sobre todo estar preparada para el momento parto." - Semilla Client

"The biggest benefit was to have them by my side taking care of me, giving me support and comfort. **Their genuine and caring personality made me feel among literally sisters.**" - Semilla Client

- 87% of Semilla clients felt that their SisterWeb doulas helped them achieve their pregnancy, birth, and postpartum goals.
- 90% of Semilla clients said that their doulas helped them feel connected to their baby.
- 90% of Semilla clients said that they would want to have a Semilla doula if they got pregnant again.

Semilla spent 650 hours providing support through phone calls, text, and in-person.



"La verdad quisiera a felicitar a mis doulas Sonia, Noemí que **estuvieron muy pendiente de mí y me dieron mucho apoyo en mi embarazo y en mí parto** y después ...igual a Krystal y a Vanesa que estuvieron ... y fueron de gran ayuda para mí"

- Semilla Client

