

## *Congratulations on your growing blessing!*



I am the eldest of 17 children, have worked as a midwife assistant, First Responder and an EMT. I have been attending births since 1992, including medicated and natural, several homebirths, a water birth and a VBAC. I live in Fargo with my two children who are two and under and am currently working at a maternity home.

I believe that birth is a normal, natural process for which a woman's body was designed. By limiting medical interventions, a woman's body has the power to progress naturally and safely whatever the setting. Orgasmic births and positive memories are possible. In addition, women can benefit from the help of education, a supportive partner, a doula and appropriate professionals.

I am a resource for pregnancy and birthing questions, helping you make informed decisions. I provide emotional support, comfort measures, assistance in positioning during labor, assistance with pain management, continuous support during and immediately following labor. I also provide personal assistance and education with breastfeeding.

I feel honored to be a witness and contribution in each woman's birth and desire for women and their partner to have an enjoyable birthing memory.

Jemima Heppner  
701-371-2505  
rootsmother@yahoo.com

