

Submitter: Emily Picha

On Behalf Of:

Committee: Senate Committee On Early Childhood and Behavioral Health

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I unexpectedly became pregnant with twins, which created so many additional risks for me and my babies. Luckily, I had access to an ob-gyn and a great high risk medical team throughout my pregnancy. My kids came early, at 33 weeks and stayed in the NICU for a few weeks which was one of the scariest times of my life. When they came home, I ended up hiring a night doula because we were so desperately sleep deprived, I was not getting more than an hour of sleep per night. The night doula helped me with breastfeeding, made food for us while we slept, and allowed my mental health to return to a somewhat more stable place. We also received support from a lactation consultant because of a painful latch. These are times when people need support from the village, and I would want that for anyone having a baby in Oregon. Women deserve every level of support before, during, and after they have had a baby.