New Expressions

Stephanie Medearis is a doula and the founder of "Labor with Love Birth Services" located in Yuma, Arizona. She offers framed copies of her poem, which can be personalized by a letter to a mother, as a special treasure to help document a new baby's birth story. "When I wrote this poem, my heart went into it with love," she says.

Labor Day Song

Today I am beginning a journey,
Of strength and joy and life.
Though it won't be easy,
I believe I'll make it through.
Today will be your first day of life,
And my first day as Mommy too.
And so my heart runs in circles,
I'm so close but so far away.
If I start to get weary,
Come close to me and say,
"I know that you can make it! And I believe in you."

I am strong today,
I am ready—I've prepared and the time is right.
And when I doubt, please tell me with love,
"Everything is all right."

What is most important, is I know I'm not alone.
Many have gone before me, and walked this journey strong,
Climbing up the steepened slope to a summit of glory,
Singing their labor song.
Oh my child so safe within, today we shall begin,
I have held you in my heart so long now, today you'll be in my arms.
Inside me you've grown with beauty unknown, and soon we shall behold
The creation of love, the work of art, a child of my very own.

—Stephanie Medearis, CD DONA
(520) 329-8178