

Archie Green Fellows Project Title: Midwives, doulas, and the culture of birth work in North Carolina					
Interviewee: Stephanie Rodriguez					
AFC Number: <u>afc2019027_06241</u>					
00:00:03	Interview introduction				
00:01:39	Self-definition as labor coach				
00:02:07	Stephanie's company and organizations she works with				
00:03:00	Influence of grandmother's Puerto Rican plant medicine customs				
00:04:10		Memories of grandmother's garden			
00:05:27		Aloe and avocado leaf as healing plants			
00:07:05		Bringing family's plant medicine customs to her own practice in Concord			
00:08:41		Cuban oregano for patient and newborn care			
00:11:19	Training as an herbalist, thoughts about "imposter syndrome"				
00:11:58	Family legacy of folk medicine and soothing, and differences between mainland U.S. and Caribbean islands				
00:13:49	Indigenous heritage and influence				
00:15:39	Path to doula work				
00:18:09	Training and certification				
00:21:10	Cultural appropriation and codification of birth work				
00:23:04	First birth she attended as a doula				
00:26:03	Personality traits or approaches that work well in the birth setting				
00:27:20	Passion for working with Black and Brown people and nurturing those communities				
00:28:52	Word of mouth as critical to marketing oneself				
00:30:07	Finding inroads to serve local Latin American and Caribbean communities				
00:32:27	Common medicinal plants in birth and postpartum setting				
00:35:36	Working with professional mentors				
00:39:28	Placenta encapsulation				
00:44:18	White doulas working with POC and underrepresentation of doulas of color in Concord area				
00:46:07	Birth settings and environment in each				
00:48:19	Importance of bodily autonomy, empowerment, and doula as "bridge to communication" between client and providers				
00:53:24	Creating safe and peaceful spaces for POC through smell, touch, and material items				
00:57:36	Slogans and t-shirts				
00:59:19	Advice to new doulas				