

Doula Referral List

New Birth Company welcomes doulas supporting families through their birth experience in our facility. Our staff recognize the valuable role doula's play in aiding women in childbirth. We know that this doula + midwifery team approach promotes and fosters a great environment for natural birth. Furthermore, research reports this birth approach reduces cesarean birth, increases a family's knowledge of birth, and facilitates empowerment of the expecting family.



When choosing a doula, please consider the following:

- A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible. (<https://www.dona.org/what-is-a-doula/>).
- A doula is not a trained or licensed health care provider and do not diagnose or treat conditions. They are trained as labor as postpartum support persons and may suggest options to you. Doulas are an integral part of the health care team under the guidance of physicians, midwives, and nurses during the labor and birth process.
- Certification through a reputable organization is recommended.
- You and your partner should both feel supported by the doula. Interview several doulas to find the right fit for your family.
- Doulas are paid for by you and are usually not covered by insurance. The cost of a doula varies, most offer a variety of package options and services. Many health insurance companies allow the cost of a doula to be paid for by HSA or FSA funds, or may even cover part or all of the cost themselves. Call your insurance company to get more details

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The following is a list of Doulas who have attended Doula Orientation at New Birth Company.

For further questions contact educator@newbirthcompany.com

Name	Services	Certifications	Contact
Ashley Walburn hOMe holistic (owner)	Labor and Birth Support, Postpartum Support, Newborn Care Support, Breastfeeding Support, Sleep training, Bereavement Support, perinatal counseling/therapy	Preferred Doula Trainer, Spinning Babies, Seattle Holistic Center Childbirth Companion, Prenatal Yoga Teacher	913-396-9595 doulas@homeholistic.com
Janice Ingram Blissful Beginnings Doula Services LLC	Labor and Birth Support, Postpartum Support, Virtual Doula, Newborn Care Support, Meal planning , prepping. Sibling care during labor, Childbirth Education	Certified doula, BLS, Community Health Worker	913-944-5280 empowersoulitude@gmail.com
Nadah Cartmill hOMe holistic	Labor and Birth support, prenatal massage, cranial sacral therapy, placenta encapsulation	Certified CBE	913-634-2059 Doulanadah.com doulanadah@gmail.com
Sally Riley Academy of Certified Birth Educators	Labor and Birth Support, VBAC, Breastfeeding Support, TENS, pregnancy and postpartum mood and anxiety disorders, Adoption Support, Trauma, LGBTQUA+, surrogacy, Childbirth and Breastfeeding classes	DONA Certified Birth Doula ACDE Certified Childbirth Educator	913-341-2853 sallyriley444@gmail.com
Kelsey Zydel hOme Holistic	Labor and Birth support, Postpartum Support, Childbirth Education Classes, Breastfeeding Support	DONA trained birth / postpartum doula, Certified Childbirth Educator	913-909-5608 kelsey.zydel@gmail.com
Kristen Mason Birth it Forward	Labor and Birth Support, Postpartum Support, Newborn Care Support, Spinning Babies, Breastfeeding Support, Bereavement Support, Placenta encapsulation, Fertility support, childbirth education classes, baby wearing classes	Certified Labor Support Professional, Certified Pre & POstnatal Fitness Specialist	405-564-4562 kristen@kcwomensministry.org

Name	Services	Certifications	Contact
Darla Lenz A Little Help KC	Postpartum Support, Newborn Care Support, Breastfeeding Support, Sleep training, Adoption Support	DONA Certified Birth Doula	816-898-5215 darla.alittlehelpkc@gmail.com
Brittney Brownell Rose Sparrow KC	Labor and Birth Support, Breastfeeding Support, Bereavement Support, Bengkung belly binding, babywearing, Birth Photography	DONA, Stillbirthday, Peanut Ball Ambassador	660-988-4291 rosesparrowkc@gmail.com
Bailie Land Serenity Holistic Health	Prenatal and postpartum nutrition, Childbirth Education	Stillbirthday Holistic Nutritionist (AFPA)	bailieland4@gmail.com 903-249-3429
Betsy Pool Betsy the Midwest Doula	Labor and Birth Support, Postpartum Support, Certified Body Ready Method	Childbirth International, hOMe Holistic Certified BRM	785-766-8892 betsythedoula@gmail.com
Leah Fellers Fertile Myrtle	Labor and Birth Support, Postpartum Support	Certified Doula (GoMidwife) Certified Fertility Coach Certified Chinese Medicine Coach	816-627-9575 leahrfellers@gmail.com
Michala Johnston MK Birth Doula	Labor and Birth Support, initial postpartum and newborn care	Certified Birth Educator, CBE	816-645-8492 michala@mjbirthdoula.com
Amy Sileski Birth and Beyond, KC	Certified labor, birth, postpartum doula Bereavement doula	StillBirthday, Midwifery Institute	575-496-0904 birthandbeyondkc@gmail.com