



Amanda Glenn M.A,
 Certified Labor & Postpartum Doula (CAPP)
 Lactation Educator & Child Behavioral Consultant

Professional Philosophy

“The journey into parenthood is one of powerful growth and bonding. I honor and support each family’s individual birth & parenting goals by providing compassionate support, active listening and educational resources which empower families and relieve stress during childbirth and the postpartum period.”

Why I do this Work

I love working with new and growing families. I utilize my M.A. degree in Educational Psychology, combining knowledge of both adult learning styles and infant development into my approach as a doula. I bring this understanding into the home as a postpartum doula and into births as a labor doula, enabling me to actively engage and support parents during this profound transition in their lives. My first birth experience at the age of 10, witnessing the birth of my little brother, shaped my belief in birthing women as beautiful and powerful as well as my understanding of the unique challenges that a family can face during birth and postpartum.



Education & Training

- ❏ CAPP Annual Conference. Scottsdale AZ, June, 2009.
- ❏ Igniting Mother-Friendly Care in Your Community, RMCHB, September, 2008.
- ❏ Advanced Practice Birth Support, Cocoon Enterprises, May, 2008.
- ❏ CAPP Accredited Postpartum Doula Training & Certification (CPD) January, 2007.
- ❏ CAPP Accredited Labor Doula Training & Certification (CLD) May, 2006.
- ❏ CAPP Accredited Lactation Educator Training, Mother’s Journey. (LE) February, 2006.
- ❏ M.A., Educational Psychology, CU Denver. May 2005.

Professional Memberships

- ❏ Childbirth and Postpartum Professional Association (CAPP)
 ~ Member & Faculty - Postpartum Doula Trainer
- ❏ Rocky Mountain Coalition for Humanizing Birth – Founding Member
- ❏ Colorado Doulas Association (CDA)
 ~ Postpartum Chair & Mentor Committee
- ❏ Health Services Advisory Council for Family Star Montessori

~References Available Upon Request ~

Labor Doula Services \$750

As a Labor Doula, my job is to assist and support you in discovering and experiencing your unique birth goals. I have supported families with a wide variety of birth goals, beliefs, and medical needs, including- both medicated and un-medicated births, twins, vaginal, VBAC, and cesarean-section births, as well as induced and augmented labors. I work with all members of the birthing team to provide mom with a positive and empowered birthing experience.

Labor Doula Services Include:

2-3 Prenatal Visits
24/7 On-call Continuous Labor Support
1-2 Postpartum Visits

Postpartum Services

\$30/hr *10% Discount Offered for Pre-payment of Services*

Postpartum support is tailored to the needs of each individual family but generally includes newborn care basics, breastfeeding instruction and support, maternal care and relief, household support, meal preparation, errand running, etc.

I am an expert in infant development and postpartum care with extensive experience helping families to navigate the challenges and changes in family dynamics that can occur after the birth of a new child. Assisting new parents along their journey into parenthood is my passion. As a postpartum doula, I have supported families with diverse backgrounds and sets of postpartum needs. I have worked with women who've experienced postpartum depression and anxiety, breastfeeding mothers, sibling attachment & support, multiples, high-needs and pre-term babies, infant digestive distress, sleep challenges, home births, cesarean births, back-to-work moms, introducing the bottle, and much more.

Lactation Education

Private Class: \$100 **Postpartum Support: \$30/hr** **\$50/trip**

I am trained as a lactation educator and have experience supporting breastfeeding moms through a variety of normal breastfeeding challenges. Because I have training in both labor and postpartum, I understand how a woman's birth experience can impact her breastfeeding relationship. It is a passion of mine to support women and their partners in achieving this very important goal.

Breastfeeding Support Package \$250

1 Private Prenatal Breastfeeding Education Class
2-3 Postpartum Instructional Visits (2hour sessions)

Sibling Support

Private Consulting: \$75/hr **Postpartum Care & Support: \$30/hr**

I draw upon my experience and skills as both an early childhood educator with a MA in Educational Psychology and my experience as a doula to support older children in embracing their younger sibling(s). I provide both sibling labor support as well as sibling attachment support during the postpartum period.

Sibling Support Education Package: \$250

1 Private Sibling Preparation Class
3 In-Home Sessions - after the baby is born (2 hrs. each)

Sibling Labor Support \$600

2-3 Prenatal Visits
24/7 On-call Continuous Labor Support
1-2 Postpartum Visits

Sibling Labor & Transition Package \$700

1 Private Sibling Prep Class w/ parents
2-3 Prenatal Visits w/ Child
24/7 On-call Continuous Labor Support
3 In-Home Sessions - after the baby is born (2 hrs. each)