

# Erika Jones CPD., LE.



## Nurture the Mother



Postpartum Doula  
& Breastfeeding Educator

**Why I do this work:** I am compelled to doula because I know there is no greater time in a new mother's life than the time she will experience after childbirth. I offer postpartum doula support that strives to help mom love, laugh and let go. I am continually changed in my own parenting and know there is no "perfect way" to parent. With this in mind, I lovingly take care of your family just as I would my own.

**Focus Areas:** Breastfeeding support, Infant sleep, Sibling transition and help with moms in crisis. I have a great deal of experience helping to bring moms out of crisis mode. Sometimes it can be prevented with the right support. I have found that often times planned doula support brings a level of confidence and assurance that is unmatched with anything else. I have discounted packages on my website: [nurturethemother.com](http://nurturethemother.com)

Postpartum Doula Support: \$25/hour (both Nighttime & Daytime)  
Breastfeeding Education \$25/hour

*Whether you have decided to nurse your baby or formula feed, or a combination of both, I come equipped with many of the “best” tools of the trade. I love to give you the best of me, so you can give to your families the best of yourselves. Your birth matters. Whatever background, whatever pre-natal ideals you had that worked or did not, I am here to help you. My goal is to see that your family is happy and healthy.*

### Education & Training:

- Bachelor of Science: Early Childhood Development-  
University of Kentucky 6/98
- CAPPa Postpartum Doula Training 5/08
- CAPPa Lactation Education 10/08
- CAPPa continuing education seminars 8/09

### Memberships in good standing:

- House of Doula
- Colorado Doula Association (CDA)
- CAPPa
- Doulanet.com

Call 720-937-2001 -OR- e-mail me at

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Nurturethemother.com