

Beyond Birth, LLC

Serving postpartum families in the Denver area



Heather Thompson, Ph.D.
Postpartum Doula
Babywearing Educator

Professional Philosophy

Becoming a new family is a process of great transformation regardless of whether this is your first or fifth child. I believe all new families possess their own natural rhythm and inner wisdom that can make this process easier, less stressful and more fun. The birth and parenting experiences of my own two children continually shape my understanding of how to make the challenges of parenting more enjoyable and effective.

Why I do this work

I am drawn to working with postpartum families because I love the challenge, potential and wonder involved in caring for infants and the family that surrounds them. I provide compassionate support and education to help new families follow their own unique style in the months following birth. My background in physiology and nutrition enables me to apply the latest research to your postpartum challenges, and to help you implement the ideas that work best for you and your family. I am also passionate about helping parents achieve their own balance between work and parenthood. Most recently I helped bring the Workplace Accommodations Act for Nursing Mothers into law in Colorado.

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Postpartum Support \$22/hr

I work with families with diverse backgrounds and postpartum experiences. I have experience with breastfeeding families (including tandem nursing), introducing the bottle, home and birth center births, cesarean births, high-need babies, infant digestive challenges, pet/sibling transition, postpartum depression and helping moms prepare to go back to work.

Babywearing In-home Consultation \$50

Carried babies cry less, sleep better and learn more! I have been helping parents wear their babies since 2005 and have repeatedly witnessed the transformative effect of babywearing on the whole family. This consultation package includes a visit to your house to help you choose a carrier that works for you and your baby, help with any carriers you may already own, and one follow-up phone consultation if you require further support after your home visit.

Education, Training & Experience

- ◇ CAPPAs accredited Postpartum Doula Training (CPD, cert. in process), August 2008.
- ◇ New Paradigms in Breastfeeding: A seminar on breastfeeding for health professionals, presented by Nancy Mohrbacher, author of *Breastfeeding Made Simple*, October, 2008.
- ◇ Ph.D., Molecular and Cellular Biology, University of Massachusetts, December 2002.
- ◇ M.S., Exercise Physiology, University of Massachusetts, May 1999.
- ◇ M.S., Biochemistry, Smith College, May 1994.

Professional Memberships

- ◇ Childbirth and Postpartum Professional Association (CAPPAs)
- ◇ Colorado Doula Association (CDA)
- ◇ Colorado Babywearers Association
- ◇ House of Doula
- ◇ American Physiological Society (APS)

Contact Information

I can be reached

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