



Whitney Nichols, LSP
Certified Labor Doula (DONA)

My Philosophy

I believe that every woman should be able to birth on her own terms. I believe in empowering families to make choices from a place of education and strength rather than fear. I believe in women's bodies and their ability to have healthy births.

Why I do this work

Being a doula is a labor of love for me. I am a mother of three and from the moment I was pregnant with my first, I knew I had to be involved with this wonderful process for the rest of my life. Since becoming a doula, I have witnessed birth in many forms and have enjoyed supporting every family I have worked with. I love working with families of all varieties and in all types of settings. Being able to share in the joy of a new life is such a privilege.

Labor Support

As a Labor Support Professional, I help to empower the mother/family to have the birth experience they desire. I help with writing a birth plan, providing comfort during birth and assisting with breastfeeding if needed. My job is not to make choices for you, but to educate and support you to make the choices you want.

Education and Training

Advanced Practice Birth Support, Cocoon Enterprises, May 2008

DONA Birth Doula Training, September 2007

Labor Support Professional Certification, Academy of Child Birth Educators, Sep. 2007

Professional Memberships

Doulas Of North America (DONA) International

Colorado Doula Association (CDA)

Colorado Birth Resources

*Sliding scale services are available based on financial need.