

WHAT A DOULA CAN DO FOR YOU



Interested? Contact: aladoulacare@gmail.com

Educational Support

There's so much to learn about birth. Whether this is your first pregnancy or your fifth, do not anticipate knowing everything. I ensure that my clients are equipped with nutritional education, traditional wisdom, and medical knowledge for a holistic understanding of the process of pregnancy.

Emotional Support

Ever just need to breathe. Doulas remind parents to center their emotional needs. Acting as a confidant or breath coach, I will always hold space for the different emotions families feel when a new life is being ushered in.

Physical Support

From stretching to twerking. I maintain a working knowledge of different techniques that help to ease discomfort during pregnancy and labor. At Ala's Oasis we encourage sensual movement and dance which honors our traditions. Instilling confidence in your physical capabilities

