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# SONJA SPITZER

POSTPARTUM DOULA

## ABOUT ME

Originally from North Dakota, I moved to Colorado in 2005. I lived in the Sunnyside neighborhood of Denver for seven years and moved to Golden in 2012. My family and I (including our labradoodle) love to explore the foothills and all that Colorado life offers. I'm a busy mom of two wild and crazy boys, a voracious reader, a runner, and a health, wellness and nutrition enthusiast.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

I'm empathic and try to tune-in to where you're at and what might be challenging you. I embrace positive mental attitudes, and approach all situations with a loving, non-judgmental mindset. I'm a life-long learner and try to educate myself on issues that come up during the postpartum period. My default is to use evidence-based information to help you make decisions that best suit your family; but I also recognize the value and importance of trusting your instincts and doing what feels best. I believe our modern society often falls short of allowing the full healing, bonding, and growth that can be experienced in the first several weeks postpartum. As a postpartum doula, I help bridge that gap and empower you to truly bond with your baby, nurture yourself, and make sure your whole family thrives, rather than just survives, the next few months.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

I love to provide physical support – including meal preparation (I get such satisfaction out of making wholesome, nourishing meals and snacks for you and your family), and light housekeeping (mama and baby laundry, tidying the kitchen and other living areas, and generally making sure your home is set up to efficiently meet your needs). I also enjoy baby and sibling care – this includes infant care instruction, breastfeeding/bottle feeding support, and caring for baby and/or siblings while you take some time to rest, move your body, and take care of yourself. Finally, I make it a priority to give emotional support – I love hearing about how you're doing, celebrating milestones with you, and holding space for you to process the challenges you might be facing. I'm also happy to run errands and grocery shop for you and if you need some assistance that doesn't fall within my scope as a postpartum doula, I'll provide you with recommendations and referrals to other postpartum professionals and community resources to help meet your needs.

## WHAT SETS YOU APART FROM OTHERS?

I worked as a family law attorney for eight years prior to becoming a doula. My first pregnancy was a bit of a surprise. After getting over the initial shock, I did what I do best and started researching. I quickly knew that I wanted an unmedicated birth. Our birth doula helped me achieve an empowering birth experience, despite some unexpected challenges. My second son was born at Mountain Midwifery Birth Center, and we were home less than four hours after his birth. We hired a postpartum doula to help us out during the first few weeks and she proved to be a kind, supportive, and calming influence. Our doulas helped me to thrive and have the best births and postpartum experiences possible. During this time, I fell in love with the birth world. I read everything I could, supported my friends after the births of their babies, and asked to hear acquaintances' (and even strangers') birth stories. Then, I switched careers, and embraced my passion and am now an attorney-turned-doula! I'm certified with CAPP and as a professional, I strive to use evidence-based information in my practice (as a former attorney, the evidence-based model suits me very well).