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SLEEP GUIDANCE

ABOUT ME

My heart is truly in my home. When I am not caring for other families, I am caring for my own. I have a large family and am blessed to have my extended family here in the Denver area as well. Weekends are spent with sisters, cousins, parents and grandparents. We love to go do almost anything together and strive to make deposits in our memory banks. When I get some time to myself, I love to take old furniture and give it new life. You can also find me hunting for treasures in antique stores and vintage markets. I love cooking and creating a warm and comfortable space for my family and friends. I have a stack of books that are always within arms reach. My husband and I also are passionate about our military family, and volunteer within our faith community as well. I am a singer and surround myself with all genres of music.

WHAT MAKES YOU A GREAT CARE PROVIDER?

I love to get to know people and find out what makes them who they are: their history, their family, their interests. I love to sit and listen to people talk. I am a highly organized multi-tasker, but I also love quiet solitude and am good at discerning when each is appropriate. As a mother of five, I am all about being able to balance all the different things in my world, and I want to teach others how to find balance in their own space.

WHAT DO YOU ENJOY ABOUT THIS WORK?

There is nothing more amazing to me than babies. Seeing a woman find her deepest strength to bring a baby into this world is a beautiful and wonderful experience. Watching a family adapt their little world to include a new member (or members) is equally incredible. Babies change us, and being able to help a family thru this change is something that I love to do. I also love being part of a tribe that truly cares about each other. That circle of caring is what feeds our souls so that we are able to care for our families so well.

WHAT SETS YOU APART FROM OTHERS?

For the last 19 years, I have spent my days caring for five children. I was a young mom and I had all of my babies very close together so I was overwhelmed all the time. I lost my purpose. I became so wrapped up in being "mom" that I forgot who I was as a person. Being able to take control of my home and be, not only a mother, but a domestic diva was so empowering. We lived away from family for many years and I had a tribe of women who breathed life into me. These women stepped into my life and showed me how to be an amazing mom, spouse, friend, and caregiver. They taught me how to care for myself so that I could adequately care for my family. They reminded me that I had things I loved to do that had nothing to do with my kids or home. It is one of my goals as a doula to help mothers find their purpose again after childbirth. As a military spouse, I moved to many different areas of the United States and was privileged to live among various cultures and communities. I also have a unique understanding of what it is like to birth a baby by yourself and care for your family while your partner is gone.