



JESSICA LONG

LABOR DOULA
POSTPARTUM DOULA
LACTATION COUNSELOR (CLC)

ABOUT ME

I have two amazing little girls who are the light of my life. I love seeing their faces light up when they experience new things. A few of my favorite things are hiking in the mountains, crocheting, Broadway shows, and snuggling up with my husband or girls with a cup of hot tea, or even better a tea party complete with stuffed animal friends and treats.

WHAT MAKES YOU A GREAT CARE PROVIDER?

I love making connections with people. It is such a blessing to be able to help families to have a bit less stress or fear in their parenthood journey. One of my strengths is the ability to be a calming force in intense situations. My goal is to meet families where they are and give them the confidence to succeed.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I enjoy being able to be a part of the miracle that is pregnancy and birth. I also really love being able to snuggle all the babies. Most of all I am constantly rewarded by being able to encourage and empower new parents to work through their anxieties and fears and allow them to focus on the joy and excitement of both labor and the beginnings of parenthood.

WHAT SETS YOU APART FROM OTHERS?

I am a very empathetic person who is highly motivated to help parents find confidence and joy in their new roles. I have specialized training in sleep guidance. I am passionate about babywearing and happy to share my knowledge about it. I am a Certified Lactation Counselor. I have received in-depth training to evaluate proper latch and assist with challenges. I personally experienced obstacles in breastfeeding and know that support during that time is critical. I am truly a people person, delight in what I do, and can't wait to meet you!