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# SARAH MURANE

LABOR DOULA  
POSTPARTUM DOULA  
LACTATION EDUCATOR  
SLEEP GUIDANCE

CHILDBIRTH EDUCATOR, DOULA MENTOR, DOULA TRAINER,  
POSTPARTUM COOKING, ALLOTRIIBE FOUNDER

## ABOUT ME

I enjoy singing, hanging out with my family, cooking, gardening and working in my church community.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

I am a natural care giver, it is instinctual for me and with the appropriate training and guidance in my earlier years, I have used this God given gift to support my career. I am a giver, great listener and truly care about the people I work with and for.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

It is so rewarding to be able to be a resource and navigator for new and growing families. What I enjoy the most is watching parents grow and learn about their little ones, I enjoy helping them learn about themselves as parents not just people, and I enjoy nurturing the whole family.

## WHAT SETS YOU APART FROM OTHERS?

My experience. I am a veteran in this career. The in home hands on experience as well as the multiple trainings and continuing education classes has created a career path that is completely well rounded. I am willing to work with a family in what they need no matter what stage of parenting they are at.