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# MEGAN SPARKMAN

BIRTH DOULA  
POSTPARTUM DOULA  
SIBLING DOULA  
CLC

## ABOUT ME

When I'm not working with families, you can usually find me reading, painting, in a yoga studio, trying out new recipes in the kitchen, binge watching the latest Netflix must see, but most likely playing with and running after my toddler. I'm always wanting to learn more about doula techniques and how I can better serve my families, so I'm more often than not in some level of training, attending workshops and listening to podcasts about birth.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

From the moment I meet a family, I do my best to create an environment of trust and make sure they feel like we are on a team together. I also have a very calming energy throughout a person's labor and birth, even if unexpected or stressful situations come up. Throughout their pregnancy and labor, I keep the family as informed as possible so that they always feel in control and confident in the decisions they make. Most importantly, I make sure that there is always trust between myself and my client in all situations. I want them to know they can count on me and trust in themselves throughout their experience, before, during and after birth.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

Birth work for me is all about supporting the birthing person and their family so that they have a birth experience that empowers them. Birth is unpredictable, but I enjoy knowing I can help families to be as educated and prepared as possible so that when decisions have to be made, they can look back and feel good about the process. When the birthing person trusts in themselves as well as their birth team, they have a better chance at having the positive birth they are looking for and I love being able to help them get to that place of trust and confidence. I also love the journey of meeting with a family for the first time pre birth to seeing them for a postpartum visit with their baby in their arms at home. It's such an intimate relationship that you build with families while they prepare for the birth and it's always bittersweet when it's over, but I love getting random photos and updates from families months and even years later of their little ones.

## WHAT SETS YOU APART FROM OTHERS?

My background as an educator, women's rights advocate and life coach give me a unique combination of empathy, creativity and determination. When working up to the birth with a family, I'm able to use different exercises to build trust, confidence and knowledge so that they feel prepared fully prepared. Trust is what I value more than anything, so no matter what a client wants for their birth, I'm there to support them. When working with a family for postpartum care, my experience both as a doula and as a mother myself help in understanding a family's different needs and concerns.