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# KRYSTAL BRUCHS

LABOR DOULA  
CHILDBRITH EDUCATOR  
HYPNO-DOULA  
HYPNOBABIES, REBOZO CERTIFIED

## ABOUT ME

In my off time I am usually hanging out with my husband and two little boys, going on trips to Home Depot, hanging out in our backyard playing games or chilling in our PJs for a Friday movie night at home. If I'm not with family I'm with my friends enjoying a pedicure, surfing Pinterest for my next DIY project, sewing Halloween costumes or eating ice cream.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

I think a few qualities that make me a good care provider are my natural instinct to care for a nurture others, my understanding and respect for birth and everyone involved in the birth space and the non-judgemental unbiased support I provide to my clients.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

I really enjoy the whole process. Getting to know my clients, teaching them about birth and comfort techniques and then watching all of it come together on birthing day. I enjoy supporting my clients through their births. Suggesting ways to rest during early birthing, helping create a calm environment, guiding birth partner to offer a sip of water or reminding him/her how to do a double hip squeeze. I enjoy giving positive encouragement when my client needs that extra push and watching my clients faces as they meet their baby for the first time.

## WHAT SETS ME APART FROM OTHERS?

I think what sets me apart from other care providers is that I truly feel that I have found my niche, my calling in life. I am passionate about birth and childbirth education. I love teaching and supporting birthing families through this stage in their lives. I am committed to my clients and I am honored to be trusted as a part of their support team.