



LENA WINKLER

LABOR DOULA
POSTPARTUM DOULA
Birth Photography, Fertility Support

ABOUT ME

I love to be outside with my family, photographing babies being born, or spending time in my garden all alone with a great podcasts playing!

WHAT MAKES YOU A GREAT CARE PROVIDER?

I am patient and kind when it comes to supporting you before, during and after the birth. There is not a right or wrong way to give birth and I am fully present to support YOUR wishes and desires. I have the ability to seamlessly blend in with you, your birth partner, and the medical staff. I think that being flexible is always key for the birth journey. Every birth is different and being able to quickly navigate different situations appropriately is key!

WHAT DO YOU ENJOY ABOUT THIS WORK?

I enjoy unpredictability of birth because it keeps me on my toes and always prepared. I get to be part of one of the most beautiful processes on earth. I get to support and guide birthers through their different journeys during labor. Above all else, I enjoy knowing that my presence, skills, and love made a difference so that families can hopefully experience a positive birth experience!

WHAT SETS ME APART FROM OTHERS?

I went through a lot to grow my family and those experiences made me stronger and very aware of just how emotionally and physically challenging such processes are. During the birth of our first child, I felt very alone even though my husband was there right by my side. I felt like the nurses treated me like it was their 29,405th birth when I wanted them to guide me and care for me like it was their first. I am that constant sense of comfort for the birther and fill that space with the compassion like it is my first time being at a birth!