



CARI WALTERS

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ABOUT ME

My days are always filled with activities that I love to do. Spending time with my family is my first joy. Whether it's gardening, crafting, or fishing on a beautiful day, we love to do it together. When I do get a chance to have alone time, I can usually be found painting, reading true crime/fiction books, or watching a documentary of some sort. On Sundays, I can be found in church teaching fourth and fifth graders about God and then belting out numerous songs during worship. I am a life-long learner and enjoy making new discoveries.

WHAT MAKES YOU A GREAT CARE PROVIDER?

My main passion in life has always been to help others. Quality time and physical touch are my love languages, which have led me to my current path of being a doula. My own personal experiences, education, and love for others is what makes me a good care provider. My intuitive personality and creative mind allows me to be flexible in finding solutions to any situations that may arise pre and/or post partum. These qualities, along with my easy-going demeanor are key in being a great doula.

WHAT DO YOU ENJOY ABOUT THIS WORK?

With so many unique family units in today's society, I know it is important to support all family members. Getting to know the family I'm working with and being a part of their new experience is what I enjoy most about being a doula. It gives me a sense of being a part of something that is greater than I am and reassures me that I am doing God's work. Teaching new parents. Holding babies. Supporting families. This is why I love being a doula. It's not just the birthing mother that I love to support but also the relationship between the couple/intended parents that created this new little life. I am given the opportunity to make the entire experience easier and memorable for everyone involved.

WHAT SETS YOU APART FROM OTHER PROVIDERS?

After an eight year battle with infertility, including a full year of testing, medications, and numerous hospital visits, my life experience as a mom started when I was without my husband for the birth of our first child. He was deployed in Iraq and I would have been all alone if it wasn't for the close-knit military wives that banded around me in my time of need. If it wasn't for these other women loving on me and helping me before, during, and after my birth, I know it would not have been such a positive experience. I knew then that I wanted to support and love other moms in the same manner. I joined a MOPS group with other young mothers who were my support group at the time. Upon my husband's return from war, we expanded our family, but luckily for us, infertility was not an issue. God blessed us with another beautiful baby boy two years after my first birth. He also had other plans for us, and my family moved to Colorado 2 years later to begin a new chapter in our lives. Again, I joined MOPS as a leader and continued working with other moms. Now that my boys are older, I am a mentor mom and co-coordinator for the Orchard Church MOPS group. Even though my heart is filled after every meeting, I just didn't feel complete until I decided to continue working with moms as a doula. These experiences and desires to continue helping others is what I feel set me apart from other care providers.