



---

# DIANNA TYNES

POSTPARTUM DOULA

## ABOUT ME

I love to spend time with my beautiful family and friends. I enjoy being outside playing with my kids, hiking, and gardening. Reading is an integral part of my life. I love learning new things, so I am constantly on the lookout for podcasts and books that enrich who I am trying to become.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

Kindness, compassion and support. These three qualities are the focal point of who I am as a doula. It is important to me to provide a space for new families where they feel safe, encouraged, supported, and loved.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

The acts of caregiving are a huge part of who I am. Being able to assist new parents with resources or referral they may need, setting up positive sleep habits, showing tips and tricks to help with newborns, and assisting with tasks around the home truly nurture my spirit.

## WHAT SETS YOU APART FROM OTHERS?

Having journeyed through thirteen years of infertility, miscarriages, IVF procedures, HELLP syndrome, c-section recovery, postpartum depression/anxiety, and the birth of four beautiful children, I have a unique perspective to offer new families. Because of my journey, I have learned that kindness and support are two of the critical components needed as a postpartum doula. I constantly strive to offer those components to my clients.

In addition, having four-year-old twins myself, I can specialized tips/tricks needed for families with multiples.