



# MARY KENDIG

LABOR DOULA  
POSTPARTUM DOULA  
LACTATION SUPPORT

## ABOUT ME

I started my career as a preschool teacher, working with all age groups from infants to pre-kindergarten, and I am very excited to have made the transition to the Birth world. I attended St. Lawrence University in upstate New York, graduating with a degree in Anthropology and Caribbean-Latin American Studies. I received an MA degree in Educational Psychology through Boulder Journey School and the University of Colorado Denver. Outside of work I enjoy snowboarding, reading, gardening, seeing live music and spending time with my 7 year old son, Summit James and our Border Collie.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

My passion for working with babies and families stems from growing up as the child of a neonatologist. I view infants as being born as competent and capable citizens that should be treated as such. After becoming a mother myself I truly understood the benefits of having extra support during labor and postpartum.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

What I enjoy most about this work is connecting with families and helping to ease new parents into this major life transition. I love having the opportunity to share my knowledge with others and supporting parents to become confident in their own abilities and strengths.

## WHAT SETS YOU APART FROM OTHERS?

I have worked with young children and their families since 1999. I received my Postpartum doula training through CAPP and have taken a number of trainings focusing on lactation education and infant sleep support. I am currently working toward my Certified Professional Doula certification through Allotribe Academy