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# MCKINZEY MURPHY

BIRTH DOULA  
POSTPARTUM DOULA  
NIGHT NANNY

## ABOUT ME

I am a bit of a homebody so in my free time I am usually at home with my son and husband. I also love reading (from true crime to memoirs to fiction) and do it as much as I can. My green thumb has me outside in the warmer months tending to my garden.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

My empathetic nature, calm personality, and passion for all things pregnancy/birth/postpartum suit me well for being a care provider during the childbirthing year. My experience as a mother, preschool teacher, babysitter, nanny, and doula have taught me so much about parenting and caring for families and I push myself to learn more everyday.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

As a birth and postpartum doula, I enjoy making deep connections with families in often a short period of time. My focus leans toward the emotional support piece of birth and postpartum work and one of my main goals is to provide nonjudgmental care. Birth and the time after is a vulnerable and sacred time and I always feel grateful to be apart of it with the families I serve.

## WHAT SETS YOU APART FROM OTHERS?

I am naturally a nurturer and always have been. Growing up, my introvert personality mixed with my soft-spokenness and my need to care for others were always viewed in a negative way (by others and myself). With doula work however, they have suited me extraordinarily well. For example, I have the ability to blend into the birth space without disrupting while also providing the support needed in the moment (whether that looks like words of encouragement, light touch, or something else).