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ABOUT ME

I take deep breaths, thank God for all the things I have to be grateful for, read, pray some more, maybe take a nap. I love having my hands in the dirt, watching things grow in my garden. I also love taking my kids swimming, hiking, walking the dog to the park to play on the playground. Eating is also something I enjoy very much, so I spend a lot of time on my days off planning meals and making things ahead of time so I have yummy food to eat at work. And of course I spend a lot of time with my family doing all the normal boring chores that need to be done on my days off. .

WHAT MAKES YOU A GREAT CARE PROVIDER?

The last 22 years I have been a mother, raising 5 very unique and intelligent children. This along with working as a doula and L&D nurse and childbirth educator has given me the experience to develop empathy and sharp instincts to sense what people need in any given situation. My favorite thing is to watch someone become a parent for the first time and know they feel loved and supported by everyone around them. I want a healthy mom and healthy baby, but I know that encompasses more than just their physical wellbeing. It includes their mental, emotional, and spiritual well being. I was a patient and parent before I became a doula and then a nurse, so I have learned how to care for families in the birthing room in the context of my own memories of how I was treated, which has given me a perfect framework for everything I know now.

WHAT DO YOU ENJOY ABOUT THIS WORK?

I love it when people tell me they aren't scared of birth anymore because of my childbirth class. I love it when a baby is born and everyone in the room is crying because it was so incredibly beautiful. I love it when a mom in labor feels comfortable enough with me to slap my hand away while I check on her baby's heart tones. I love coaching new doulas who start off the day feeling nervous and unsure of themselves, and end it smiling from ear to ear because they discovered their own magical intuition and made all the difference. I love that even on a bad day, I know I'm part of an amazing team of powerful caregivers who are doing some of the most important work that can be done.

WHAT SETS YOU APART FROM OTHERS?

This is a hard question for me to answer, because I feel like I'm surrounded by so many amazing care providers, and I look up to them so much. Maybe that's what sets me apart from some care providers. I love being part of a team of talented people who all contribute something special and important. I am never content with my knowledge and experience, so I keep pushing myself to research best practices and advocate for the changes we need to keep making so we're providing the best care that we can for our families. But I am only one person with two hands and 24 hours in a day. If it wasn't for all the other specialties that each contribute something crucially important, none of us could do our jobs well at all. I think I'm part of a phenomenal team, and we're all great team players.