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# STEPHANIE SCOTT

LABOR DOULA  
POSTPARTUM DOULA

WORK-LIFE BALANCE COACH, SPECIAL NEEDS SUPPORT, CLEFT LIP & PALATE, NAM  
AND SPECIALIZED FEEDING SYSTEMS

## ABOUT ME

I am totally in the blissful "raising children" phase of my life. I have two kiddos and a wildly supportive husband. As a family we are at our happy place if we are in our living room with the lights off, a light projector lighting the ceiling with stars, music blaring, and the four of us (and our dog) having a dance party. I focus on self-care when I am not being a mom, which to me is journaling, working out, meditating, or listening to podcasts and audio books.

## WHAT MAKES YOU A GREAT CARE PROVIDER?

In all aspects of my life I thrive on the connections that I make with people, and this is especially true in the doula space. I strive to get to know each family on a deeper level and to know the wants and desires of each parent so I can emulate them both at the hospital and in their home.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

I know that bringing a baby into the family is an adjustment. I am also aware that no baby is the same. All of this adds up to a complex transitional phase of each family's life. I love to help individuals and families define what it means to have a balanced life, especially in this time of transition, and to support them in living that life!

## WHAT SETS YOU APART FROM OTHERS?

I take a comprehensive look at how bringing home a baby interconnects with all other areas in a family's life and develop a plan for balance. I get to blend my deep love for birth and babies, with my professional training working with individuals to bring balance into their lives. I put my whole self into each individual family and work with them to identify how to make their new life with baby as fulfilling as possible.