



LAILA MOORE

Holistic Labor, Birth and Postpartum Doula

Laila is a professional and compassionate holistic full-spectrum doula and massage therapist. She is a firm believer in love, balance, and nurturing her clients. Her passion is to touch the hearts of those she encounters by providing them with a peaceful experience. Before becoming a doula, Laila worked as a patient care tech while being a caregiver for her sister with cerebral palsy. In college, she held yoga sessions, in which she had the pleasure of working with many perinatal clients, guiding them to connect with their bodies.



support@thearchapp.com



+1 (516) 308 - 2479



mslailamoore@hotmail.com



New York City Area

WORK EXPERIENCE & TRAININGS

LABOR • BIRTH DOULA, POSTPARTUM DOULA

2021-Present

- Supported 35+ births and postpartum clients
- To provide labor and birth support
- To provide multiple layers of support; emotionally, mentally, physically, and physiologically.
- Support for feeding options (breastfeeding or bottle feeding)
- Breastfeeding/Lactation Support
- Mental and Emotional Wellness

TRAINING

Education

- DONA Labor, Birth Postpartum Doula Training (2021)
- ProDoula-Cross Trained Certified

FEATURES/AWARDS/FUN FACTS

Laila has always had a passion for providing a positive contribution and caring for others, which led her to pursue doula work. Having Laila as your doula, she will educate, assist, and support you and your family with a full compassionate approach. Laila empowers parents to trust their ability and creates a sacred space allowing for parents and families to flourish and heal. In her downtime, Laila loves reading books on all things birth and philosophy, hanging out in nature, cooking, and practicing yoga.



EHS

EPISCOPAL HEALTH SERVICES INC.