



# ALEX NEREE

**Certified Full Spectrum Doula, Early Childhood Educator  
and Lactation Counselor**

Hi! My name is Alex, and I am a certified full spectrum doula, early childhood educator, and lifelong learner and lover of adventure. I felt called to birth work many years ago after learning about how the medical industrial complex seeks to control birth. As your birth and/or postpartum doula, I am a comforting companion and advocate, supporting your ideal birth experience; aiming to help you feel seen and heard. With my heart, hands, and by providing evidence based information, I strive to help you feel secure so that you can maintain autonomy and make the best decisions for yourself throughout pregnancy, labor, and beyond. I approach this work knowing that people are the experts of their own lives, and my goal is to support your intentions as long as you are safe.



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New York City Area

## WORK EXPERIENCE & TRAININGS

### LABOR + BIRTH DOULA, POSTPARTUM DOULA

2023-Present

- I have supported 10+ birth and postpartum clients
- Supporting clients from diverse backgrounds during pregnancy, birth/labor, and postpartum
- provide perinatal doula support, education, and guidance to expectant families
- to provide multiple layers of support, emotionally, mentally, physically, and physiologically
- Support for feeding options (body/breastfeeding or bottle feeding)
- Breastfeeding/Lactation Support
- Mental and Emotional Wellness

### TRAINING

Education

- Birthing Advocacy (2023)
- Lactation Counselor .

## FEATURES/AWARDS/FUN FACTS

When I am not caring for birthing people, you can most likely find me traveling, cuddling random dogs, or writing poetry while propagating new plant cuttings!



**EHS**

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