



# TAMARA OLIVER

## *Postpartum Doula and Sibling Doula*

Hi, my name is Tamara Oliver I am a postpartum doula as well as a sibling doula. I became a postpartum doula because I myself experienced postpartum depression. I made myself and the universe a promise that if I made it through this I would never allow another mother to go through what I went through. So, here I am on the other side loving and helping new moms navigate this postpartum journey. I strongly believe that mothers are the backbone of the family structure. If mom is okay than baby will be as well. For me, the postpartum period is so important to the stability of the family moving forward, and I'm so honored to be a part of it.



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New York City Area

## **WORK EXPERIENCE & TRAININGS**

### **LABOR + BIRTH DOULA, POSTPARTUM DOULA**

2020-Present

- Supported 20+ postpartum clients
- To provide perinatal doula support, education, and guidance to expectant families through a holistic model of care
- 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

- LIDA Postpartum Doula Training (September 2020)

## **FEATURES/AWARDS/FUN FACTS**

I am the mom of 13-year-old Triplets! I love a good black-and-white movie. I still cry at the original "Miracle on 34th Street" and I love springtime in New York.



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