



# ANJANETTE SILAS

***Certified Labor, Birth & Postpartum Doula, Certified Lactation Counselor, And Certified Childbirth Educator***

Hi, my name is Anjanette, I am a mom of 2, an RN, certified doula, Lamaze Childbirth Educator, Lactation Counselor & Reiki Practitioner that works with families in Brooklyn, Queens & Staten Island. I became a birthkeeper to help support expectant families through their rebirth. Pregnancy is a transformative journey that deserves to be nurtured & supported.



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New York City Area

## WORK EXPERIENCE & TRAININGS

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

2021-Present

- Support births and 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

### **EDUCATION**

2008-Present

- Long Island University 1998, Bachelor of Arts
- Long Island University 2008, Bachelor of Science

### **CERTIFICATION/LICENCES**

- 2008, New York State Registered Nurse
- 2021, BEST Certified Doula
- 2022 Academy of Lactation Policy and Practice Certified Lactation Counselor
- 2022, Lamaze Certified Childbirth Educator
- 2022, Usui Certified Reiki Practitioner

## FEATURES/AWARDS/FUN FACTS

I love to travel, spend time outdoors beneath the moon and on the beach. "Birth is an opportunity to transcend. To rise above what we are accustomed to, reach deeper inside ourselves than we are familiar with, and to see not only what we are truly made of, but the strength we can access in and through birth."

-Penny Simkin



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