

# SHAQUANNA HERBERT

## Full Spectrum Labor, Birth and Postpartum Doula

I've walked the path that many birthing people find themselves on - navigating pregnancy and early parenthood without support, guidance, or advocacy. As a teenage parent, I experienced firsthand what it feels like to face childbirth and parenting with little emotional backing, no early education on parenting, and gaps in communication with health care providers. That experience is what fuels my commitment to ensure no one else has to go through it alone.

With over 12 years of experience as a Licensed Practical Nurse and an Associate Degree in Nursing, I bring both clinical expertise and deep empathy to my work as a Doula. I've cared for patients across hospital systems, clinics, and community settings, and advocate for the families I support.



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New York City Area

## Experience Work

### LABOR + BIRTH DOULA, POSTPARTUM DOULA

2024/PRESENT

- Supported 30+ Labor, Birth and Postpartum clients
- Created birthing plans with clients' assistance
- Provide postpartum care support for the family, assistance with breastfeeding and light housekeeping, errands
- Birth & Postpartum Doula services
- Advocacy and empowerment for young first-time and underserved parents
- Medication safety, trauma informed education and clinical navigation
- Support for neurodivergent families and medically complex pregnancies
- LGBTQ + inclusive, culturally, responsive care

## Training

### EDUCATION

- Associate Degree in nursing (ADN)
- Licensed Practical Nurse (LPN) NY & NJ
- AHA BLS/CPR instructor
- Doula Certification (Full Spectrum Doula)
- Notary

## About Me/Fun Facts

My Philosophy of Care: I believe birth is sacred, and every person deserves compassion, dignity, and informed care. My role is to support you emotionally, physically, and informationally - so you feel seen, heard, and held through one of life's most transformative journeys.