

NicoleAnn BirthKeeper

BIRTH & POSTPARTUM DOULA
BIRTH PHOTOGRAPHER

About me

Over 20 YEARS AGO, I BECAME A MOTHER AND IT WAS MIRACULOUS. I'M NOW A MUM TO 5 BEAUTIFUL CHILDREN AND EACH BIRTH TAUGHT ME MORE ABOUT MYSELF, MY STRENGTH AND MY POWER.

During those 5 births, each of them different, with their own challenges, I learnt that it's **my** inner voice, as the mother, which is the most important. I learnt to listen to my instincts, trust my body and I learnt how to advocate for myself and my babies.



Over the years I've also learnt the true value of "my village". Too often new mothers are left to fend for themselves and feel isolated and unsupported. I found my postpartum time, some of the most difficult. So, I focused on building and strengthening my village and made sure I always asked for help when I needed it.

Since my first birth, I intrinsically knew, that I was destined to help other women with their births and to be a part of their village. Now as a Birthkeeper & Birth Photographer, it's my sole purpose and absolute pleasure to support women and their families during pregnancy, birth and postpartum.

Mini Doula Services

"You don't need to be empowered. You never lost it. I'll just reminded you it was always there"

Your investment is \$89 for an hour call. These can be via Zoom, Facetime or Call.

The service is for anyone that just needs a sounding board. Do you need some non-biased evidence based information, or help with Mapping out you birth preferences. Maybe its to process your birth with someone that will hold space for whatever is coming up. I am just a phone call away.

Lets get chatting

Blessings,

NicoleAnn BirthKeeper