

Nicole Ann 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 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 their lives.

Womb Wisdom and Healing

"Celebrating the women that you are and the journey that you are on"

After my last birth I discovered that I have a prolapse. It was a stage 2 and would require surgery. The surgery I was to have would not only be to fix my vaginal walls but I would also need to have my womb removed. I had done a lot of work to reconnect to my womb space and found this news very hard to hear. It sat heavy on me and took me a long time to come to terms with it. And that is where this support was birthed.

I wanted information from care providers on what my options were with different types of surgery and what I wanted to have in order to feel heard and respected.

I wanted to have support from sisters during my preparation and into my recovery time. I knew I needed space and ritual to honour my womb and ceremony to help in the healing.

My wish is that this offering gives you that too.

Your womb is more than the physical. It is the energy and magic you hold in your very being. You can connect to yourself through its everlasting essence. It will always be within you.

Package

\$2500

2 pre surgery visits to talk through what options you have and what you need from your care provider. (this can be a list of questions to ask pre surgery date), then Mapping out what your informed decisions are for your team. And getting to know each other so I can give you the support you need

Support on the day of Surgery

6weeks of post surgery visits, with ceremony to close your body, meditation to connect within, Yoni Steaming to aid with healing the physical as well as foods, herbs, and teas to nourish and support you from within.

And most importantly I will be there to hold space for you to grieve and grow.

