Patients who are in active labor can request a doula from their nurse. Doulas are received on a first-come, first-served basis at no additional cost. Not knowing demand, there will not be a guarantee of no-cost doula services; however, if you would like to guarantee a doula, you may contract with a doula and pay out of pocket.
Julie Craven
Background/Credentials: I am a retired RN with more than 40 years of experience in all areas of Maternal/Child Nursing as well as teaching Creighton Model FertilityCare/NaProTechnology for 33 years. Working towards ICEA Birth Doula Certification.
Areas of expertise: My husband and I are the parents of five adult children (one with Down Syndrome). It would be my privilege to help you with the birth of your child. I especially welcome families with special needs babies, preemies, and any family who wants to have a great birthing experience.
Email: naproworks@msn.com
Accepts private clients

Tamela Hatcher
Areas of expertise: I believe in caring for others by creating a warm, culturally sensitive, family-centered birth environment. With birthing experience and influences from around the globe, I work with you to bring excitement and pleasure to this life changing time. Transforming your space to look and smell amazing by incorporating candles and aromatherapy is just one of the small things I can do. I have had the honor and privilege of supporting busy families, single families, and working couples. I also provide specialized medical related support for those with unexpected outcomes or specific conditions, such high-risk births and perinatal hospice birth.

Anna Hines
Background/Credentials: RN, BSHA, MPH; ICEA certified birth doula
Areas of expertise: I am an older volunteer doula with 20 years labor and delivery experience as a registered nurse. My philosophy for labor is this “you can anticipate discomfort and pain but you choose to suffer”. Please let me help you not to suffer but to birth your baby using techniques from my doula bag. I am a huge believer in message techniques, activity during labor, support from loved ones and water massage using jets from the bathtub. I will support you through this very special event.

Carolyn Israel
Background/Credentials: working towards ICEA birth doula certification

Stephanie Jensen
Background/credentials: RN, working towards ICEA birth doula certification, CNA

Michelle Jarnagin
Background/Credentials: Working toward ICEA Birth Doula certification, CPR certified, B.S. Psychology
Areas of expertise: I provide physical, mental, and emotional support throughout the labor process. I have training in aromatherapy, massage, partner support, and a variety of positions for medicated and non-medicated births. I believe every momma and every labor is unique and I want to work with you to best support the experience you want. It would be my honor to support you during your labor, delivery, postpartum, and breastfeeding journey.
Phone: 515-971-7012
Email: michelle.jarnagin@outlook.com
Accepts private clients

Dani Kasner
Background/Credentials: Trained birth doula working toward ICEA certification, Labor and Delivery photographer for seven years, and taken classes in aromatherapy.
Areas of expertise: Emotional and physical support, seven years of labor and delivery photography experience including vaginal delivery, cesareans, water and home births, relaxation therapies including aromatherapy, massage, and breathing techniques.
Email: dkasnerphotography@gmail.com
Accepts private clients

Danette Kobolt
Background/Credentials: Trained birth doula, actively working toward ICEA Doula Certification
Areas of Expertise: Currently, I work full-time in the insurance industry. I love being a support to mamas and their families so I feel extremely blessed to be a part of this journey.
Phone: 515-238-9633
Email: danette_kobolt@hotmail.com
Accepts private clients

Amie Lee
Background/Credentials: Certified birth doula.
Areas of expertise: Massage, counterpressure, movement/positions, rebozo, Spinning Babies positioning, visualization, breathing/relaxation techniques, and affirmations. As your doula, I would be honored to come beside you to support you, encourage you, walk with you, breath with you, and constantly remind you that you are strong!
Phone: 515-783-9374
Email: cmlee116@gmail.com
Accepts private clients
Gigi Lull

**Background/Credentials:** I have been a licensed massage therapist for 15 years. During that time I have also become a Craniosacral Therapist and a Board Certified Lactation consultant working with children who are having troubles with breastfeeding, but I have also had the opportunity to work as a birth doula for four years. I have worked with midwives, family medicine doctors, OB doctors, and NICU as a birth team.

**Areas of expertise:** Helping families during their birth experience, and building bridges to do so. I also have an in-home lactation practice, so you can feel supported in your breastfeeding journey in the comforts of your home.

**Phone:** 515-988-5614  
**Email:** Gigilmt87@gmail.com

**Accepts private clients**

Angie Martinez

**Credentials:** Bachelor’s in Medical Technology, master’s in Public Administration. Ten years of experience as an interpreter working in Labor and Delivery among other areas. Working toward ICEA Doula Certification.

**Areas of Expertise:** Working with Spanish-speaking mothers, knowing what their needs are during Labor and Delivery to work in a team with nurses to help provide care to our families. Teaching MercyOne Spanish Prenatal Classes

**No private clients**

Carly Nordhues

**Background/Credentials:** After my first homebirth experience, I fell in love with birth. I am passionate about supporting women and their partners in the intimate process of labor and delivery. I completed my DONA training and began taking clients in 2014. I was a doula for two years before I attended midwifery training in Kona, Hawaii. Over the last two years, I have had the opportunity to work in multiple birth centers both overseas and in America, support woman in achieving vaginal births after cesarean (VBAC), and advocate for countless woman in both the hospital and home setting. I fully believe that women were created to give birth!

**Areas of expertise:** Advocating for woman before and during labor and birth, encouraging & supporting partners, natural pain relief & unmedicated birth, movement & change of position after epidurals, & postpartum support.

**Phone:** 706-575-8793  
**Email:** carlybnordhues@gmail.com

**Accepts private clients**

Amanda Puderbaugh

**Background/Credentials:** Bachelor of Liberal Arts in Elementary Education; working toward ICEA birth doula certification.

**Areas of expertise:** Because every birth and every mama is different, my goal as a doula is to help you find what works for you and your unique body through each stage of your labor, delivery and postpartum period. Trained in the use of massage, essential oils, movement, positioning and visualization. Interested in birth in a variety of settings.

**Phone:** 515-205-3022  
**Email:** Amanda.puderbaugh@gmail.com

**Accepts private clients during summer**

Erica Ragatz

**Background/Credentials:** BA in Family and Consumer Sciences with an option in Nutrition and Wellness; working towards birth doula certification

**Areas of expertise:** Maternal and Child Health, breathing and positioning to maintain comfort during birth

**No private clients**

Heather Roush

**Background/Credentials:** Working towards Birth Doula certification with DONA International; Bachelor of Liberal Arts Degree, Infant Care and Breastfeeding Training

**Areas of expertise:** Medicated and non-medicated births, VBAC, birthing at home, water birth, relaxation for labor techniques, aromatherapy, prenatal nutrition, breastfeeding, postpartum counseling and infant massage.

**Phone:** 515-865-5565  
**Email:** heatherbyers19@msn.com

**Accepts private clients**

Avery Ruble

**Background/Credentials:** I am a third-year student at Simpson College in Indianola. I am actively working toward an ICEA Doula Certification. I have attended and exceled in both a doula workshop and Mercy Breastfeeding Essentials course.

**Areas of expertise:** I am trained as a birth doula to offer knowledge, emotional support, physical comfort, and childbirth education. I am able to assist parents-to-be throughout the birth specifically through positive birthing positions, massage, hydrotherapy, Rebozo usage, spinning baby fetal positioning, and aromatherapy. I also offer pre-natal and postpartum visits. I am dedicated to helping each family have a beautiful birth tailored to their individual wants and needs.

**Phone:** 515-802-0928  
**Email:** avereyruble@yahoo.com

**Accepts private clients**

Julie Sparks

**Background/ Credentials:** active doula working toward ICEA certification

**Areas of expertise:** physical comfort and emotional support for mother (and partner) during labor and delivery; interested in gaining expertise in all types of births

**Phone:** 515-710-4185  
**Email:** jasparks23@aol.com

**No private clients**
Tammy Spencer

**Background/Credentials:** ICEA Certified Birth Doula; volunteered at a crisis pregnancy center; received an Associate of Arts degree with an emphasis on counselling. Having experienced hospital and homebirths with our eight children, “motherhood” has granted me a wealth of knowledge and experience.

**Areas of expertise:** I have learned to hone my skill of being sensitive to the emotional and physical needs of a mother during labor and delivery. This entails using a variety of positive laboring and birth positions while enhancing what a woman’s body is designed to do with massage and hydrotherapy. Birth is an optimum time to learn and it is my pleasure to teach mothers (and their support partner) in the areas of labor, birth, breastfeeding, postpartum and beyond!

**Phone:** 515-442-6561  
**Email:** 9spencerkids@gmail.com  
**Accepts private clients**

Megan Vance

**Background/Credentials:** I am a registered nurse with five years of experience, a pastor’s wife, mother to three, and birth enthusiast. I am currently working on my doula certification through ICEA. Having experienced hospital and out of hospital births with my three children has given me a unique perspective and knowledge of birth. Helping women achieve their goals for their birth is my priority and my great joy.

**Areas of expertise:** My goal as a doula is to support every Mama spiritually, emotionally, and physically during the prenatal, labor and delivery, and postpartum stages. My training and personal experience in labor positions, massage, aromatherapy, and postpartum care are ideal for helping women and their “village” have a positive birth experience. As your doula, I will strive to educate and empower you with the evidence-based knowledge you need to make your own personal decisions regarding this amazing part of your life.

**Email:** meganvancern@gmail.com  
**Accepts private clients**
Bereavement doulas

Jenn Callahan
Background/Credentials: Manager of Childbirth Education and Doula Services; Count the Kicks Medical Advisory Board; bachelor’s in Family and Consumer Sciences and Health Education; master’s in Educational Policy and Leadership Studies; ICEA certified professional childbirth educator; ICEA certified professional doula; Maternal/Child Health Specialist; ICEA Director of Education; Outpatient Breastfeeding Champion Certification; ICEA International Approved Doula Trainer, postpartum doula training
Areas of expertise: childbirth education, aromatherapy, hydrotherapy, Hypnobirthing terminology, prenatal education, post-partum care, working with younger and older mothers, high-risk pregnancies, medicated and non-medicated births while incorporating skilled comfort measures, child development education, home birth, vaginal birth after cesarean (VBAC), birth photography, perinatal hospice and bereavement, outpatient breastfeeding education, infertility, IVF

To contact Jenn with questions about doulas, please call 515-358-5060 or email jcallahan@mercydesmoines.org.

Anna Hines
Background/Credentials: RN, BSHA, MPH; ICEA certified birth doula
Areas of expertise: I am an older volunteer doula with 20 years labor and delivery experience as a registered nurse. My philosophy for labor is this “you can anticipate discomfort and pain but you choose to suffer”. Please let me help you not to suffer but to birth your baby using techniques from my doula bag. I am a huge believer in message techniques, activity during labor, support from loved ones and water massage using jets from the bathtub. I will support you through this very special event.

Tamela Hatcher
Areas of expertise: I believe in caring for others by creating a warm, culturally sensitive, family-centered birth environment. With birthing experience and influences from around the globe, I work with you to bring excitement and pleasure to this life changing time. Transforming your space to look and smell amazing by incorporating candles and aromatherapy is just one of the small things I can do. I have had the honor and privilege of supporting busy families, single families, and working couples. I also provide specialized medical related support for those with unexpected outcomes or specific conditions, such high-risk births and perinatal hospice birth.