

My philosophy of midwifery care is based on the belief that pregnancy and birth are normal and beautiful physiological life events. I strongly believe that my role is to be a guardian of this normal process. My goal is to provide evidence-based care in partnership with women so that they can be empowered to make informed choices.

My feelings about pregnancy and birth are best stated by Barbara Katz Rothman, who said "Birth is not only about making babies. Birth is about making mothers—strong, competent, capable mothers who trust themselves and know their inner strength."

I have had the great fortune of being involved in midwifery since 2001 when I began assisting a CNM for home and birth center births. The experience of witnessing my first midwife-attended birth was profoundly moving. I was in awe of the midwife's demeanor, she carried great responsibility; however, she had a quiet and dignified way of being. She communicated with the laboring woman with her eyes and her touch, as much as with her words. It was an intimate and humbling experience. I honestly felt like I had witnessed a miracle and I felt blessed to have been a part of it. Because of that experience, I was forever changed and I like to say that it was then that midwifery chose me.

Since that time I have been working as a nurse, specializing in labor and delivery, both in and out of the hospital, postpartum and women's health. I have been blessed to have attended births at home, at birth centers and in the hospital. I have learned that everyone births in their own individual way and I love to be a part of each one.