



ruth. ★
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Ruth has a very calm caring approach to doula care. She takes initiative in dealing with babies' needs and she shows empathy by understanding and supporting both the mom and dad of their babies. She is also well organized. Ruth listens to what her clients needs are and takes great care in her job. Clients love the calm she brings into the home.

Certifications

Mother Me Doula Training:

- (1) PPD
 - (2) Nestle - Baby's First Days
 - (3) Harvey Karp - Happiest Babies
 - (4) Keeper of the Rituals
- Labour Coach
Infant CPR
Criminal Record Check
Former LPN
Instructor at Sprott Shaw
Educator at Mother Me

Client Feedback

"Ruth was a great asset to our family while I was able to recover. Having Ruth as our doula was the extra hands I needed she was able to get into the rhythm of our family and knew what I needed before I did! BIG thank you."

"I am so grateful for the connection I made with Ruth, and all she has given to our family. Take it from me (an HR manager) she is a doula you do not want to lose!"

"Ruth takes the time to get to know clients personally and really learned about the families she is working with. She doesn't just care for the baby; she cares for the client too."