



Joane Monsanto

Hamilton Doula

Doula Led Nurturing Support

I provide compassionate, professional, and holistic care to mothers, newborn and families throughout pregnancy, birth, and the postpartum journey. Through Doula Led Nurturing Support, I offer comprehensive services as a Doula, Maternity Nurse, and Postpartum Care Provider, supporting families with confidence, care, and understanding during this life-changing time.

My approach is person centered - respect, empathy, and evidence-based practices. I focus on nurturing the physical, emotional, and practical needs of both mother and baby, while honoring each family's values, culture, and parenting choices.

Services I Offer:

- ✓ Doula Support: Continuous emotional, physical, and informational support throughout pregnancy, labor, and birth.
- ✓ Maternity & Newborn Care: Professional newborn care, feeding support, sleep guidance, and maternal recovery assistance.
- ✓ Postpartum Support: In-home care, emotional reassurance, light household support, and parent education.
- ✓ Breastfeeding & Infant Care Guidance: Hands-on assistance to help families build confidence in feeding and newborn care.
- ✓ Family Education: Personalized, evidence-based guidance to support a smooth and supported transition into parenthood.

Contact Details

Hamiltondoula.com

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