



# TARA HOVERSON

**LABOR DOULA**

thoverson78@gmail.com | 239-776-2969

As a child, I was always curious about pregnancy and birth, but it wasn't until the premature birth of my first son that I became aware of doulas. My own birth experiences as a birthing mother have helped guide the way I practice as a doula for others. I understand what it takes both mentally and physically to give birth naturally in the hospital, and having supported over 30 varied births both in and out of the hospital I know what it takes to give birth with medical support, too. Birth is beautiful and intense, no matter how it unfolds!

I make space for whatever uncertainties arise during the course of your labor and am that trusted presence to give you strength when you think you have none, while reminding you of your birth vision. I'm hired to be your unwavering emotional support and supportive physical presence while also sharing knowledge and being a safe space to discuss your fears and concerns.

During my previous career as a social worker I developed a deep understanding of compassionate birth support while supporting teen girls through pregnancy. Seven years ago I found my calling for doula work after attending an acquaintance's birth. I started my doula career with Birthing From Within immediately after her birth, and in the fall of 2019 I completed further training with BFW (intended certification date in 2020). I'm a strong advocate of Spinning Babies techniques for optimal fetal positioning and will help you learn which techniques to practice during pregnancy as well as which ones to use during labor to encourage labor's progression. I'm practiced in pain-coping techniques from Birthing From Within and love assisting partners in perfecting the double hip squeeze for pain relief! I'll show you how to use a rebozo for a multitude of benefits during pregnancy and labor, too. It's an honor to share this journey with you.

I have two sons (15 and 12) and have been married for 19 years to my wonderful husband. We also have a very spunky Boston Terrier named Turbo. In my spare time I enjoy spending time with my family, boating, reading and amigurmi.