



Miranda Cacek
Certified Massage Therapist
Certified Labor Doula



My beautiful niece, Eden

I believe that birth is a natural, everyday miracle that deserves respect and compassion. As with everything in life, there are variables during the birth process that cannot be predicted and medical assistance is sometimes needed. I am there to help you navigate your options and facilitate communication between you and your care provider, as well as offer physical comfort and emotional reassurance throughout your birth experience.

Why I do this work:

I love working with new and growing families and in helping them find their path on the road to parenthood. Pregnancy and birth is a time of great change that can profoundly affect the dynamics of the growing family. My training and experiences as a doula, the insight and intuition as a massage therapist, and the personal experience of becoming a mother enable me to provide information and support to families as they navigate those dynamic changes.

Because I believe that all women and families deserve to benefit from doula and massage therapy services, I offer payment plans and sliding scale fees for women and families in need. I am also a member of House of Doula's *Doula Gift Registry* which makes hiring a doula an affordable option for all families. Please contact me for details.

Labor Doula Support \$750

I believe doulas work best when a relationship is created and thereby avoiding the fear of a 'stranger' at the birth intruding upon the intimate and private experience that birth is. In order to get to know you and your partner better and to ensure a relationship is able to establish before the birth, I no longer limit my prenatal visits and instead encourage a once a month visit.

I tailor fit my doula services to meet your needs and provide a focus on helping you have an intimate and enjoyable birth experience. I have experience assisting families with a variety of beliefs and needs and have helped families with c-section births, scheduled inductions, VBAC's, high-risk complications, single moms, and moms who have labored with and without medication. I work with all members of the birth team to help create a mother-centered, positive birth experience.

Massage Therapy Services: \$85-\$120 a session

My massage services have an emphasis on supporting the physical and emotional changes that occur during pregnancy and throughout the postpartum period. Massage sessions are tailored to your needs and are deeply relaxing yet thoroughly therapeutic. I am certified in Prenatal, Labor and Postpartum massage, which makes up over 90% of my practice. Massage is not only beneficial to moms and I have a passion for helping all family members

find better balance in their lives through the physical and mental healing that massage can offer. Doula families are able to take additional discounts off massage services to compliment my doula package.

Massage During Labor \$200-\$500

Massage Packages are available for those who wish to have support during labor, but feel they do not need a doula. Services are designed to provide physical support to the laboring mom during labor without the extended support/expense of doula services. The packages covers an on-call fee as well as either one massage session during the birth, or massage during the entire birth. Prenatal and Postpartum visits are not provided as part of the massage during labor package.

Experience in Birth:

Unbeknownst to me, I was a doula before I even knew the word "doula" existed. I began as a labor coach for my sister in 2001 and during that experience I realized that this work was what I was supposed to do with my life and have been helping women and families on the journey to parenthood ever since.

Personally I have experienced a medicated birth, two un-medicated births, including one waterbirth. I believe my varied experiences enable me to approach labor with an open mind and to trust the birth process and as such, I encourage my clients to trust their body and their intuition on how to birth their baby.

Certifications:

- Certified in Prenatal, Labor and Postpartum Massage- Jan 2007
- CAPP A Certified Labor Doula, CLD - June 2006
- Nationally Certified Massage Therapist, NCTMB, Nov 2005
- AOS in Therapeutic Massage and Bodywork, CMT, Heritage College, Nov 2004

Education and Training

- ❖ Midwifery Apprentice, Preceptor Karen Robinson
- ❖ Spinning Babies, Gail Tully, May 2009
- ❖ Advanced Practice Birth Support, Cocoon Enterprises, December 2008
- ❖ Igniting Mother-Friendly Care in your Community, RMCHB, September 2008
- ❖ CAPP A Lactation Educator Training, Mother's Journey, January 2008
- ❖ Nurturing Under-served Women, Cocoon Enterprises, June 2007
- ❖ Aromatherapy for the Childbirth Professional, Laurel Wilson, May 2007
- ❖ Creative Support For Laboring Women, Boulder College of Massage Therapy, Sept 2006
- ❖ Optimal Fetal Positioning, JoAnn King, March 2006
- ❖ CAPP A Accredited Labor Doula Training, July 2004

Professional Memberships

- ❖ Colorado Doulas Association (CDA), member and Secretary
- ❖ Colorado Midwives Association (CMA)
- ❖ Rocky Mountain Coalition for Humanizing Birth, Director (RMCHB)
- ❖ American Massage Council
- ❖ Childbirth and Postpartum Professionals Association (CAPP A)