



Kristen Bindel

Birth Doula, Postpartum Doula, & Lactation Counselor



NOTE FROM KRISTEN BINDEL

FOUNDER & OWNER OF BAMBOO BIRTH LLC

Congratulations on your family's newest addition!

My goal is to always serve and nurture you and your family with compassion, non-judgment, and care.

Kristen Bindel



Bamboo Birth LLC is owned by Kristen Bindel

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About Me!

My name is Kristen Bindel, and I am so excited to talk about this transition in life with you. I am 37 years old, I live in Lakewood with my husband Chris, and our two daughters. We are life-long Lakewoodites, and have a strong connection to our community. I have been serving families since I was 18-years-old. I started as a daycare teacher, became a preschool teacher, and then a nanny. I firmly believe this laid the foundation for my passion in supporting families during pregnancy, labor, birth, the postpartum, and beyond! Through my own birth experiences, and my passion for community care, I started my journey to becoming a doula in 2017. I trained through [DONA International](#), [Spinning Babies](#), and [Birthing Advocacy](#), and I am certified through [Childbirth Professionals International](#), support, and mentorship through the birth community. I founded Bamboo Birth LLC, and I contract through [Nurtured Foundation](#).

In addition, I am also a Certified Postpartum Doula and a Lactation Counselor, and I can support you through your postpartum and feeding journey. I am also currently enrolled in [Summer's Sleep Secret's](#) Newborn Care Specialist program which is the gold standard in the industry.

Outside of birthwork I enjoy punk, ska, pop punk, and 80's music. I play the violin and guitar, I like to read, garden with my children, watch movies with my husband, meditate, and enjoy the company of our friends.

Birth Doula Support

I am so honored to walk beside families on their journey. My path to becoming a doula was founded to support families during birth and to meet the growing need for labor support in our community. I know that your memories of your birth experience(s) last a lifetime and can have a powerful impact on self-esteem and confidence. I am committed to empowering you and supporting you as you experience birth. It is my goal to help you trust in your body and to trust in birth. I will work to support you to labor in awareness, where you feel confident, informed, and surrounded with care, love, and respect.

Below you will find some general information about what you can expect from our time together. These are just general topics, and we can alter and add anything as you see fit or as things come up. Your goals are always my goals!

1. **Things we may discuss at our first meeting:**
 1. How you envision this birth
 2. Go over risks and benefits of possible procedures
 3. I may help you craft a birth plan sheet.
 4. Get to know your partner
 5. Discuss and answer any questions and concerns
 6. I will provide talking points for you and your partner to prepare as a unit for your growing family.
 7. Postpartum planning
 8. Your personal wellness & mindset
 9. Decision making skills

2. **Things we may discuss at our second and any additional meeting:**
 1. Review your birth plan
 2. Go over comfort measures
 3. Gentle [Spinning Babies®](#) techniques that have been shown to support your comfort, body balancing, babies optimal positioning, and lead to a shorter labor.
 4. Go over when to call me in labor
 5. Role play labor management techniques with you and your partner
 6. Show key items in my bag that we may use during labor
 7. Discuss and answer any questions and concerns.
 8. Revisit Postpartum planning
 9. Lactation and feeding support education and planning
 10. Postpartum Benkung Belly Binding (If you choose, Learn more, [here](#))
 11. Cloth Diapering information (if you choose)
3. **How we can communicate:**
 1. I am available for you anytime via phone, text, or email. Please don't hesitate to ask me anything anytime. I'm here for you even if you just need to talk. Please know that if you feel the need to discuss anything typically discussed in our visits, you can do so anytime. I am here for YOU.
 2. Often, in addition to our visits/chats, I'll meet with clients to take a walk, in their neighborhood, park, or the Metroparks. This is a great way to get a little exercise, talk about anything that's on your mind, and build a connection that will benefit how you're cared for during your labor and birth. Nature has a way of resetting and balancing our bodies and minds, and creating peace, and room for mindfulness and clarity.
 3. Checking in with me after visits with your Midwife or Doctor has many benefits. This can help you debrief, and that way we're all on the same page. I may be able to offer evidence based information on procedures, or support you through decision making.
4. **Other information**
 - a. Frequently I may share information with you that I find helpful, thought provoking, and sometimes fun! Over the course of our time together you may find emails with positive birth stories/videos, information on how to manage pregnancy, how your care team will support you, community resources, evidence based handouts, birth affirmations, meditative exercises, conversation points for you and your partner, and more.
 - b. Often times I meet with my clients more than these two meetings. I love to connect with families outside and will often "walk and talk". Building connections with you is so important to me because you are inviting me into your intimate and vulnerable birth space. I am so protective of that and want to do everything I can to ensure you feel relaxed, safe, and empowered.
 - c. All my clients benefit from 2 home visits postpartum. I often will visit sometime between day 3-5 of baby's life. This time is quite sacred as you are healing, your milk is likely coming in, and you and your baby are establishing bonds. I am there to sit with you as you are navigating feedings, postpartum feelings, and processing your birth story. I am a Lactation Counselor as well and can help you make decisions and empower you with information about how your baby is feeding and gaining weight. I will then often check back in in-person around baby's 2nd week of life.

Let's set you up for success from the start. Your goal is always my goal, but I know that you will feel empowered, nurtured, and confident with my support. Let me help you unlock the confident mom/parent we know you are. You are my first priority! Let me support your feeding journey (by breast, formula, bottle, expression, etc), offer newborn care and sleep tips and tricks, advice on how you and your partner can get more rest, babywearing, local resources. and more!

Your vitality and rest are a top priority. I can care for your newborn while you rest, shower, or bathe. I can also use what you have in your home to create a nourishing meal or lightly meal prep. Does baby's laundry need tending? I got that too!

Know that I am also a Lactation Counselor and can support your through your feeding journey.

Nighttime Postpartum Care

Rest, relaxation, and sleep are vital to your postpartum recovery, physical health, and mental health. Knowing that I, a postpartum and newborn expert and professional is attending to your baby's needs through the night will allow you to rest easier. While caring for your baby's needs through the night we are also laying a healthy sleep habits foundation that will last!