



More Than Support. A Community. A Movement.

For more than 10 years, Earth's Natural Touch: Birth Care & Beyond, Inc. has been working alongside families to make pregnancy, birth, breastfeeding, and postpartum experiences more informed, supported, and rooted in community care.

We know that families deserve access to education, compassionate support, respectful care, and a village that shows up.

Our Mission

Our mission is to reduce maternal health disparities, promote perinatal wellness, support breastfeeding, and advance birth justice through education, doula support, advocacy, and community connection.

Our Approach

Our Approach Is Different. Our doula program is not the typical doula training designed to prepare someone to attend a birth. Our ENT Interdisciplinary Doula Training Program is 14+ months and provides an intentionally comprehensive education designed to prepare doulas to support families across a wide range of reproductive and perinatal experiences.

Our doulas learn about conception, normal and high-risk pregnancy, birth, postpartum, lactation, communication skills, advocacy, reproductive health, grief and loss, self-care and safety, the many circumstances families may encounter throughout their journeys and much more.

And because we know that doulas should continue growing beyond their initial training, our community doesn't have to end when a doula graduates. We work to provide continuing education, case review and community engagement opportunities.

We build doulas who continue learning, serving, connecting, and giving back.



Our Doulas Are Part of Something Bigger

Our featured doulas are more than birth support professionals. They are graduates of our program and members of a community committed to furthering the mission of Earth's Natural Touch: Birth Care & Beyond, Inc. while continuing to learn and grow as doulas.

They bring education, emotional and physical support, cultural awareness, advocacy, and community connection to the families they serve. They understand that a doula does not speak for you. A doula helps make sure you are heard.

Our doulas support you in asking questions, understanding information, communicating your preferences, preparing for birth and postpartum, and navigating your care while respecting that you remain the decision-maker about your body and your care. footprint.

Our Doulas Are Part of Something Bigger

Our work extends far beyond doula training.



Mocha Milkshake Café: A welcoming space for Black and Brown families to connect, learn, ask questions, and receive breastfeeding and lactation support with cultural understanding. Through support groups, education, and community connection, we work to make breastfeeding support more accessible and culturally responsive to our specific needs while addressing the access gap. At ENT, we know that being able to nurse your baby is not an individual responsibility. It is a community responsibility.



Childbirth Education: Our childbirth education opportunities help families prepare for labor, birth, newborn care, postpartum recovery, feeding, decision-making, and the unexpected turns that can sometimes come with birth.



Support Groups & Community Education: We offer support groups, classes, workshops, and community conversations covering topics throughout pregnancy and beyond including lactation, maternal wellness, birth preparation, postpartum support, grief and loss, mental health, nutrition, and other issues that matter to families.



Birth Justice & Advocacy: Improving birth outcomes requires more than telling individuals to advocate harder. It requires examining the systems in which care is provided. Through our birth justice and advocacy work, we educate families, participate in community and policy efforts, collaborate with local, state and national organizations, and work toward improving maternity care so that it is respectful, equitable, and responsive to the people receiving it.



Doula Skills: Beyond the Basics Program: Our ENT Interdisciplinary Doula Training Program is 14+ months is an intentional commitment that goes far beyond a typical doula training. Our students receive comprehensive education across a broad range of perinatal experiences while learning the importance of communication, cultural responsiveness, advocacy, community resources, lactation, birth justice, trauma informed support and more.

Our Doulas Are Part of Something Bigger

We have graduates and featured doulas in many states across the country. But now, as more states begin recognizing doula training organizations and establishing pathways for Medicaid reimbursement of doula services, Earth's Natural Touch: Birth Care & Beyond, Inc. is expanding its recognized training footprint.

We are proud to see our work recognized beyond our home community, and even prouder to bring our approach and unique framework with us.

When You Choose Us...

When you choose a doula from Earth's Natural Touch: Birth Care & Beyond, Inc., you aren't simply choosing someone to be beside you during labor. You are connecting with a community that believes in education, support, advocacy, birth justice, lactation, and the power of a village.

Whether you are preparing for your first baby, adding another member to your family, navigating an unexpected change, preparing for postpartum, working toward your breastfeeding goals, or simply looking for someone who will listen... we would be honored to be part of your village.

♥ Your Birth. Your Baby. Your Voice. Your Village.

Stay connected with [Earth's Natural Touch: Birth Care & Beyond, Inc.](#)

Follow us, join our programs and support groups, connect with our community, and learn more about our doula services and training opportunities.

You don't have to navigate this journey alone.

