Anchoring Families Postpartum Care

**HOME PAGE**

Congratulations on your birth and welcome to Anchoring Families Postpartum Care!

Hi, I’m Amy Moy, a certified postpartum care expert and educator serving families of all varieties in the greater San Diego area and beyond.

My passion as a professional is showing new parents just like you that whether you’ve just had your first child or your fifth, you can not only survive your postpartum period (also known as the 4th trimester), but you and your family can THRIVE – with the kind of compassionate, skilled, and targeted support for your unique needs that only an expert can provide. That’s where I come in.

Did you know that, on average, new parents won’t see their midwife or obstetrician until 6 weeks after giving birth to their baby(ies)? Working with a postpartum care expert (also known as a doula) can help fill in this gap in continuity of care by providing individualized support for parents and families as they transition to life with their new baby.

My work includes four key areas of support that are designed to positively impact your postpartum period with your baby:

* I enhance **bonding and attachment** between parents(s) and baby in the areas of *feeding, soothing, learning baby’s cues, babywearing, and playing with baby*.
* I provide **practical, evidence-based information** about *baby care* and help identify *what is normal and what is outside the range of normal* for parent(s) and baby.
* I prioritize the **mental and emotional health** of parent(s) and help identify *potential warning signs* that indicate that medical care may be needed.
* I offer **hands-on support** with *baby(ies), older siblings, pets, and light home upkeep and meal preparation.*

Families who work with me report feeling more connected, happy, and informed than their parenting-veteran friends and family members – both during the time that I work with them and beyond.

Struggle is a normal part of growth and learning. Your postpartum period is a time for **healing and recovering from birth, bonding with your baby, and establishing a healthy feeding relationship in whatever way works best for your family.** Let me show you how to remove the struggle from this magical time!

Let’s get started – button

**ABOUT ME PAGE**

Amy (she/her/hers) is a former Cornerstone certified birth advocate and support provider (also known as a doula) and childbirth educator who has supported over 200 growing families between the years 2015 and 2021. She received her Bachelor of Arts in Liberal Studies with an emphasis on Spanish and a lifetime teaching credential from San Jose State University in the year 2000 – providing her with a deep understanding of child growth and development and educational theory and techniques. She had a blast teaching first through fourth grade students from 2000-2012 in the San Francisco Bay Area. She currently lives on the traditional, ancestral, and unceded land of the Kumeyaay Nation and its peoples, also known as San Diego County, with her wife, daughter, and four fur babies. She spends her days off taking action to protect reproductive rights and advance racial and social justice, hanging out at the beach with her pups and her family, getting her hands dirty in her succulent garden, or snuggling up with a good book and a cup of chai.

With the support of a fabulous birthworker, Amy and her wife welcomed their daughter into the world in 2012. After her daughter’s birth, Amy realized her passion; she believes that all families deserve to experience the kind of skilled, compassionate, individualized, and continuous care that a birthworker provides.

While supporting families before, during, and after the birth of their babies for 6 years, Amy developed a profound respect and passion for the postpartum period and transitioned to providing strictly postpartum support to growing families – and has loved every minute!

With her warm, nurturing, and friendly personality, Amy creates a calm and centered environment for her clients. If the mood in a client’s home ever needs a bit of lightening, she brings an upbeat, positive, and joyful vibe.

Amy identifies as a queer, fluffy femme who loves working with families from all walks of life – including LGBTQIA2S+ and BIPOC families, plus-size parents, single-parent families, two-parent families, polyamorous families, adoptive parents, military families, and beyond.

Social, racial, and economic justice are at the forefront of both her personal and professional lives. Amy is an anti-racist, committed to walking a lifelong path of unlearning and dismantling her complicity in upholding the ideals of white supremacy in the birth world and beyond.

Contact me today to schedule a free consultation.

**EDUCATION AND AFFILIATIONS**

* My Certifications and Training
* Certified Birthkeeper – Cornerstone
* Certified Homebirth Birthkeeper – Cornerstone
* Certified Postpartum Birthkeeper – Cornerstone
* Certified Childbirth Educator – The Cornerstone Method of Childbirth Education
* Postpartum Prep – Kellie Edson, The Root: Birth, Babies, and Beyond
* Survival Tools for Baby - Kellie Edson, The Root: Birth, Babies, and Beyond
* Breastfeeding 101 - Kellie Edson, The Root: Birth, Babies, and Beyond
* Pumping 101 - Kellie Edson, The Root: Birth, Babies, and Beyond
* Rebozo Certification – Gena Kirby
* Optimal Fetal Positioning – Cornerstone
* Advanced Doula Training Workshop: Using a Rebozo for Bodywork, Comfort, and Connection Before, During, and After Labor – Teri Nava-Anderson
* Advanced Doula Training Workshop: Acupressure for Labor, Delivery, and Postpartum – Teri Nava-Anderson
* Partner Certified – Joe Valley, Empowered Papa
* Empower Your Clients: Understanding Prenatal Testing – Cornerstone
* Homeopathy for the Birth Professional – Cornerstone
* The Spinning Babies Workshop – Spinning Babies
* Savvy Birth Pro/Know Your Rights – Krysta Dancy-Cabeal, MA, MFT
* Know Your Rights – Cristen Pascucci, Birth Monopoly
* Open Door Professional Training Program: Beyond Inclusion: LGBTQ+ 101 – Family Equality
* Trans Fertility: Considerations for Future Parents – Family Equality
* Seahorses and Unicorns – Supporting Trans, Genderqueer, and Gender Nonconforming Clients – Trystan Reese via Cornerstone Doula Trainings
* The Prevention of Birth Trauma, Level 1 – Birth and Trauma Support Center
* Shifting Your Business Virtual – Jazz-Ylaine Baptiste, Cornerstone
* The Impacts of Transgenerational Trauma & Racism on Maternal Health Among African Americans – Dr. Sayida Peprah and Krysta Dancy, MFT
* Gender Spectrum Professionals’ Symposium – Gender Spectrum

Past and Present Affiliate Groups

* Birth Worker Racial Justice Reading Group
* Facilitator of Rainbow Families at The Root Support Group
* Open Door Professional Training Program – Family Equality
* Mount Diablo Doula Community
* Oakland Doula Collective
* Birthways Volunteer Doula Program
* East Bay Doula Group

Contact me today! button

**SERVICES**

**What does a typical postpartum care shift look like?**

I will come to you.

I will meet you where you are on your parenting journey.

You do not have to dry your tears, get out of your pajamas, brush your hair or teeth, take a shower, or clean your house before I arrive.

Feeling better already?

When I arrive, I’ll wash my hands and make you a cup of tea or bring you a snack and a glass of water. We’ll sit down and have a chat about how you’ve been feeling – physically and emotionally, we’ll celebrate your successes, discuss current challenges, and come up with a plan for the day. I will answer all of your questions about healing from birth, what’s normal and what may be a potential warning sign that requires medical attention, baby care and feeding, provide you with referrals to local resources that you are seeking, and so much more.

A typical scenario for your visit may include handing me the baby(ies) so you can sleep, take a shower, practice self-care in whatever way that looks for you, or eat a meal at the correct temperature (I know you’ve been eating cold food!). You may also choose one or more of the following support options that I would love to take off your hands:

* Wash and fold laundry
* Tidy up common living space
* Load/unload dishwasher
* Take trash out
* Organize baby supplies/nursery
* Sanitize baby bottles
* Wash pump parts
* Light meal prep (chopping veggies, filling a crockpot, etc.)
* Make art, reading to or play with older kiddo(s)
* Love on your pet(s)
* Run a quick errand (dry-cleaning, post office drop-off, light grocery shopping, etc.)

***\*Please note that your visits do not include deep cleaning such as walls, floors, windows, bathrooms, or interiors of appliances.***

**(Services Page continued)**

**Booking Process**

* It’s most ideal for families to contract with me ahead of their birth to ensure that I have space for them after their estimated due date, although I can occasionally work a last-minute family into my schedule.
* We’ll sign a contract together that will include the agreed upon number of hours and visits you we are committing to. You will pay a non-refundable deposit of 50% of my total fee for contracted visits.
* Families who contract with me prior to the birth of their baby will be offered a prenatal visit, during which we will discuss your anticipated needs for after birth.
* You’ll pay your balance the day before your prenatal visit, or before your first scheduled visit - if no prenatal is held. You may pay your fee electronically with a major debit or credit card. I am also authorized to accept HSA/FSA insurance debit card payments.
* Once you have your baby(ies), you’ll reach out to me to formalize my schedule for your care.

My service hours are Monday – Friday between 9:00am and 4:00pm. I have a 3-hour minimum and 5 hour maximum requirement for all scheduled shifts. I generally have room in my schedule for up to three families at a time. Due to schedule limitations, it is recommended that you book my services as soon as you know that you’d like to work with me during your pregnancy.

My fees are $35/hour for singletons, $50/hour for twins, $65/hour for triplets. All fees for the duration of your contract must be paid before my first contracted shift. No refunds shall be issued for cancelled shifts for any reason. I will make every effort to provide you with a make-up shift based on my availability, in the event that you need to reschedule.

I provide services for families during the first three months (0 – 12 weeks) after birth. Beyond three months, I am happy to refer you to a local nanny or other childcare provider, if you are in need of additional support.

If your baby has an extended stay in the NICU, I will support you by:

* Helping you to navigate the hospital system
* Helping you advocate for yourself and your baby
* Education about kangaroo care
* Activating your community for support
* Bringing or ordering food for you
* Facilitating a sleep calendar for you and your community of support
* Helping you with pumping and milk delivery, if applicable
* Essential home care tasks such as watering plants and bringing in mail

FAQs

**What is a postpartum care expert (doula)?**

A postpartum care expert is a professional who provides emotional, informational, and physical support to parents who have recently given birth. Typical services include caring for baby while parent(s) tend to their personal needs, helping older siblings transition to having a baby in the home, loving on pets, light housekeeping and meal prep, providing evidence-based information about healing from birth and baby care, connecting parent(s) with local resources, and running light errands.

**Do you provide nanny services?**

My role is to support your family, as a unit, rather than solely focusing on your baby(ies). My services should be viewed as support, rather than childcare. In a nutshell, I’m there to help set your family up for a successful transition to having your new baby(ies) in your home. All services I provide are done while at least one parent is in the home, and extends to your family only.

**What kinds of medical support can you offer?**

I am a non-medical support person. Think of me as an extra set of eyes and ears in your home that can help you to identify when something may fall outside the range of normal – mentally, emotionally, or physically speaking. I do not provide any medical or metal health care or prescribe or administer medications of any kind, but I can help you spot potential warning signs and help you connect with your care provider to get the help you or your baby(ies) may need.

**Are you available for overnight shifts?**

My service hours are between 9:00am and 4:00pm, so I can be home with our kiddo in the evenings. I am happy to refer you to my favorite postpartum colleagues who provide overnight care.

**What if I have my baby prematurely and they are admitted to the NICU?**

Navigating the NICU can be a challenge for many families. There are a number of ways in which I can support you during this difficult time including, but not limited to:

* Helping you to navigate the hospital system
* Helping you advocate for yourself and your baby
* Education about kangaroo care
* Activating your community for support
* Bringing or ordering food for you
* Facilitating a sleep calendar for you and your community of support
* Helping you with pumping and milk delivery, if applicable
* Essential home care tasks such as watering plants and bringing in mail

**I had a surgical birth. How can you support me?**

Congratulations on the birth of your baby! Your healing body requires you to take it easily while you recover from major abdominal surgery for several weeks after birth. I can do all the heavy lifting for you while you recuperate. Think of me as your hands and feet, providing all of the care for your family and your home while you do the good work of resting. Sometimes, but not always, a surgical birth can present some feeding challenges – I can help you with that, as well. Whether you are chest/breastfeeding, exclusively pumping, or feeding your baby formula, I’ve got some tricks up my sleeve to help you get your feeding relationship off to a great start!

**Are there any services you don’t provide?**

In addition to providing medical or mental health care of any kind, my certifying organization, Cornerstone, does not authorize its birthworkers to participate in any activities that would put myself or the babies I come in contact with in any sort of danger or harm. For that reason, I reserve the right to refuse to proceed with a shift if I feel unsafe in your home environment for any reason. Furthermore, I am not authorized to engage in “crying it out” sleep training methods. I can, however, assist with gentle, physiological sleep support that is developmentally sound. (provide a hyperlink to: <https://www.psychologytoday.com/us/blog/moral-landscapes/201112/dangers-crying-it-out>)

**How long can I expect to work with a postpartum care expert?**

You may choose to contract with me for a few days up to several weeks. I have a 3-hour minimum and 5-hour maximum shift requirement. If you need support beyond three months, I will be happy to refer you to a local nanny or other childcare provider.

**What precautions do you take to reduce the likelihood of spreading germs to my family?**

In addition to making sure that I get plenty of rest and nourishment and ensure that I am up to date on all vaccines, I will remove my shoes upon entering your home, wash my hands and change my clothes, wear a triple-layer reusable mask with an n95 insert during times of necessity, wash/sanitize my hands frequently throughout my shift, and avoid coming into close contact with your baby’s(ies’) face. I practice social distancing and mask-wearing during times of necessity while not at work to reduce my exposure to harmful bacteria and viruses. I will not work when I have symptoms of illness, or when I know that I have been in contact with someone who is ill.

**This sounds great! How do I book your services?**

I’m excited to work with you! Please complete my contact form or call me at () -, and we’ll schedule a 1-hour, no pressure in-home consultation to see if we’re a good fit for each other.

**Contact Form**

Your anchor is just a message away! Contact me today to schedule a no-pressure, free consultation to see if we’re a good fit for your needs.

Name\*

Email\*

Phone #\*

Have you had your baby(ies), yet?\* (checklist – yes or no)

If so, did you have a birth canal or a surgical birth? (drop-down menu with both options)

If not, what is your EDD? (calendar drop-down)

Is this your first baby?\* (checklist – yes or no)

If not, what are the ages of your older children? (short text space)

Are you interested in in-person or virtual support?\* (drop-down menu with both options)

I’d just like to add: (paragraph text space)

\*requred