



Sandy Tufts CD(DONA), CLC, MSW, PES

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Credentials

Certified Birth Doula
Certified Lactation Counselor
Placenta Encapsulation Specialist
Master of Social Work

Education

Simmons College School of Social Work, Boston, MA
Master of Social Work — 1999

Bridgewater State College, Bridgewater, MA
BA Psychology — 1994

Certifications

Doulas of North America (DONA)
Certified Birth Doula
Since 2007

Academy of Lactation Policy and Practice
Certified Lactation Counselor
Since 2011

Placenta Benefits
Placenta Encapsulation Specialist
Since 2012

Experience

Serves seacoast families as an independent birth doula since 2007. Provides two prenatal home visits, continuous labor/birth support at chosen birthplace and one postpartum home visit to process birth and offer breastfeeding support.

Teaches prenatal Breastfeeding Basics class at Seacoast Birth Matters in Kittery, ME

Encapsulates placentas in the homes of seacoast families, aiding in postpartum recovery.