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.