



sponsor spotlight

# Kristen Kaessler

## WHOLE SOUL DOULA

There before, during, and after the longest marathon of your life!

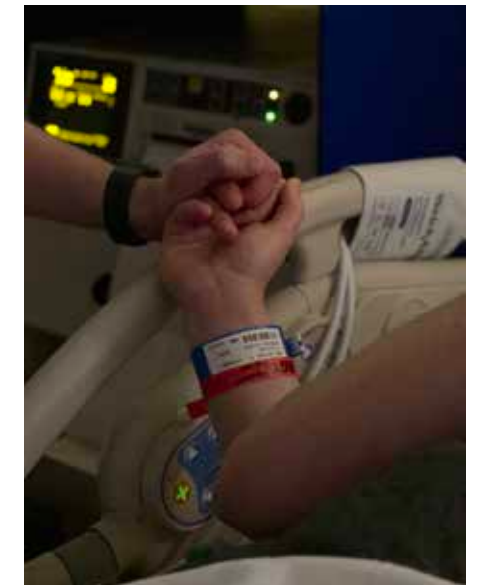
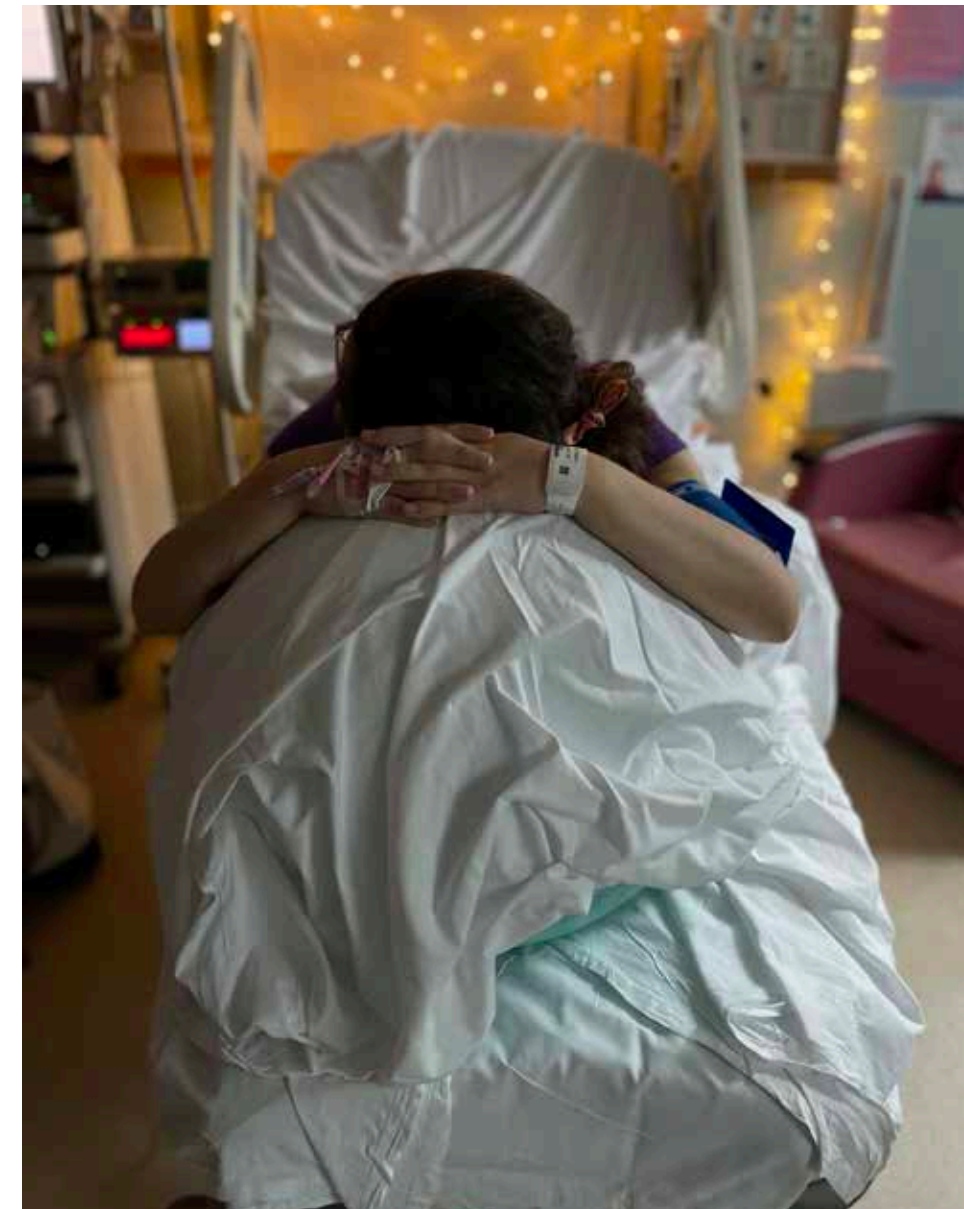
Kristen Kaessler is a woman of many talents, a lifelong entrepreneur, birth and postpartum doula and coach, dancer, yogini, outdoor enthusiast, and corporate HR participant. Kristen is the granddaughter of beloved Bronxville pediatrician and humanitarian, Dr. Henry Kaessler. Kristen is currently a masters mentee at Manhattan Birth and officially became a doula in June 2020. She is an integrative feeding and lactation specialist (IFLS), a member of DONA International, and a pre/post-natal performance training specialist via PRONatal



Kristen Kaessler

Fitness. It is obvious that Kristen *loves* all things birth and babies, caring for others, and offering genuine support.

Kristen works with birthing people who seek additional support before, during, and after the longest marathon of their lives: giving birth. In her doula and lactation practice, she is a non-judgemental sounding board for all of her clients. Kristen provides emotional, physical, and spiritual support for the birthing person (and their partner, if present) before, during, and after birth. A doula provides resources, helps you prepare for your upcoming birth and is an important member of your support team during your labor and birth. For postpartum clients, she offers helping hands when clients are too tired to carry out activities of daily living in their homes during the fourth trimester, and she uses intuition to pick up on non-verbal cues to encourage and elevate on the hardest of days. Overall, Kristen seeks to genuinely support, respect, comfort, and inform her clients so they feel prepared, informed, heard, and special. It is easy for her to




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show up authentically for her clients regardless of their choices.

In the words of one of Kristen's many satisfied and grateful postpartum clients...

"Kristen, you recognize how special and wonderful a child is and how hard moms have worked to bring them into this world and how much we deeply care about them - this ability to cherish a newborn and respect how much they mean to their family is everything. You cared for him like your own every second I wasn't with him - pointing out every spit-up, poop, potential issue (thrush, goopy eye). You followed my lead and let me walk him up the stairs and take the lead on his bath without asking questions or making me feel bad about anything. When I was nervous about the blanket in the crib, you didn't make me feel anything but supported, even if it was illogical. A huge thank you for making my first two weeks such enjoyable and easy ones."

