

Rev. Maritday Rodriguez, CD, CLC

www.mhvdoula.info
845-399-5456
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Professional Highlights

15+ Years Experience
Specialization and Care of Colicky/High Need Babies
Proficient in Developing Infant Feeding Schedules
Accomplished in Weight Gain for Low Weight Babies
Mastery in Cultivating Infant Sleeping Patterns
Premature Infant Care
Nourishing Mother/Baby Chef
Certified Lactation Counselor
Certified Newborn Care Specialist
Certified Postpartum Doula
Certified Birth Doula
Prenatal Parenting Instruction
Trained Sleep Specialist

I am a diverse and multi-faceted full-spectrum doula. Fully immersed in women's wellness, creating safety for all birthing women in the birth community. Compassionate and encouraging bringing positive energy and a calm reassuring presence.

As a postpartum doula, I mirror confidence by listening, understanding and appreciating this time of postpartum adjustment and integration.

As a lactation counselor, I assist with lactation concerns by listening, reassuring, assessment and support.

I have attended 87 births as a doula served 17 families as a Newborn Care Specialist/Postpartum Doula and have given birth myself.

I have a special professional interest in working with families conceiving naturally, home birth and unmedicated hospital births.

Professional Experience

Duties include assisting the mother through the transition of motherhood and providing excellent care to the infant. Breast and bottle-feeding support, organization and maintaining nursery, nutritional guidance for the mother, infant massage, and baby laundry. Additionally, supervising visitation to ensure proper rest for both mother and infant. This level of postpartum care is usually retained for a period of one week to three months.

Certifications

*Certified Postpartum Doula, International Placenta & Postpartum Association (IPPA), 12/2015

*Hypnobabies® Childbirth Hypnosis Doula – 06/2016

*Certified Birth Doula, The Matrona, 2/2017

*Certified Lactation Counselor (CLC), The Academy of Lactation Policy and Practice, 2/2019

*Red Cross CPR AED Certification, American Heart Association, Since 2/2019

*Certified Neonatal Resuscitation Program practitioner, American Academy of Pediatrics, 2/2019

Specialized Experience

Unmedicated hospital birth

Preterm birth

Newborn care

VBAC

Twin birth

Cesarean birth, including in-person support in the OR

Induction

Birth after loss

Infertility Doula

Abortion Doula

Miscarriage Doula

LANGUAGES

English & Spanish

Professional References

- ★ **Postpartum Client** - Cassandra Freeman -
(917)435-3794
June 2018 - October 2018
October 2018 - January 2019
- ★ **Antenatal/Birth Client/Breastfeeding/Postpartum food** -
Jacqueline Chamberlain - (518)477-3179
January 2019 - August 2019
- ★ **Antenatal Birth Client** - Nicole Batiste - (914) 610-6617
August 2019 - November 2019

Personal References

- ★ Randi Barouch - Natural Food Chef/Herbalist - 30 years
(845)853-9164
- ★ Regina Conceicao - Doula Coordinator/NYC DOH - 15 years
(718)986-6883
- ★ Yuvelca Reyes -Early Education/Doula/Business Mentor -
15 years - (845)453-4643
- ★ Karolyn Ryan - Newborn Care Specialist -15 years -
(310)745-6402

Continuing Education

- ★ Spinning Babies Workshop – 03/2016 & 09/2017
- ★ La Matrona Foundation – Advanced Studies Holistic Doula
– 03/2017
- ★ Birth Spirituality and Healing – Birth Spirituality and
Healing Coach – 10/2017
- ★ La Matrona Foundation – Tending the Postpartum Psyche
– Advanced Postpartum Care and Homeopathy – 11/2017
- ★ Indigenous Remedies – Herbal Therapy for Women’s
Health and Wellness – 01/2018
- ★ La Matrona Foundation – Advanced Studies Holistic Doula
– – 05/2018
- ★ La Matrona Foundation – Advanced Studies Holistic Doula
– – 09/2018
- ★ La Matrona Foundation – Physiology Rules – Holistic
Childbirth – 11/2018

Organizations

- ★ Hudson Valley Birth Network
- ★ Tri-State Breastfeeding Association
- ★ Mid-Hudson Lactation Consortium
- ★ Academy of Lactation Policy and Practice
- ★ American Association of Drugless Practitioners
- ★ Associated Skin Care Professionals
- ★ International Association for Health Coach

In the Media

“How Much Sleep Does Your Child Need?”

Popculture, January 17, 2017

<https://popculture.com/healthy-living/2014/02/01/how-much-sleep-does-your-child-need-/>

“What nurses need to know about birth plans?”

Scrubs Mag, January 8, 2013

<https://scrubsmag.com/what-nurses-need-to-know-about-birth-plans/>

Radio Public - Shine School with Guest Maritday

Rodriguez-Montero - March 6th, 2017

<https://radiopublic.com/life-coach-chat-channel-6B2N9a/ep/s1!d7889>

Cafecito Break - A Conversation with Amar'itday – Sacred Health

Doula - April 9, 2018

<https://tunein.com/podcasts/Health--Wellness-Podcasts/Cafecito-Break-p882371/?topicId=120804659>

