

HELENA MANTESE

415.637.4504 bambola@gmail.com

CERTIFIED DOULA~CONSULTING SERVICES

PROFILE

I am a healthy and energetic person who has proven experience handling the physical and emotional demands of caring for infants, toddlers, twins and triplets. I am committed to a high level of excellence and am referred to by clients as loving, nurturing, patient, gentle but firm, creative and fun. I am proud of my reputation for being organized, responsible and reliable.

SERVICES

Post Partum Doula Newborn Specialist Sleep Trainer Baby Nurse

PROFESSIONAL EXPERIENCE

I am a postpartum doula with over twenty years of child care/doula experience with ages ranging from infants to eight years. As a postpartum doula, I provide professional non-medical assistance for parents and their babies including support and training in: breastfeeding, newborn care, baby massage, facilitating bonding, caring for the mother after the birth, the mother's postpartum emotions, changing family relationships, early parenting, postpartum nutrition, and nanny selection and training.

RECENT WORK HISTORY

- Postpartum Doula for newborn, four months, 2015
- Sleep Training Consultation & Training ,for newborn, 10 days 2014
- Postpartum Doula for twins, three months 2014
- Postpartum Doula, five months 2014-2015

CERTIFICATIONS & INSURANCE

Postpartum Doula Infant, Child & Adult CPR First Aid Trustline Qualified Liability Insurance

EDUCATION

Natural Resources; Postpartum Doula Training Certification, 2010

California Nurses Institute: Certified Nursing Assistant, 1999

American Red Cross: Infant and Child CPR, Adult CPR and First Aid Certification, 2014

Natural Resources: Herblore: Safe Practices of Natural Remedies, 2009

Certified Phlebotomist, San Mateo College, 1999

College of Marin: Child Development Courses, 1997-present

ADDITIONAL SERVICES: Recruiting a nanny to match your needs when doula no longer needed. Private New Parent and Nanny Classes.

LANGUAGES: Fluent in English and Portuguese. Proficient in Spanish and Italian.