



CHERYL ABRAMS

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CHERYL- ABRAMS
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OBJECTIVE

To continue providing excellent care for private families as a Newborn Care Specialist, Nanny, Birth Doula and Postpartum Doula

HIGHLIGHTS

SUMMARY

Cheryl is a devoted and reliable birth & postpartum doula and newborn care specialist with over 20 years of combined experience including birth work. She supplies loving care while making sure to meet your goals whether it is birth, postpartum or newborn care. She is also available for domestic and international travel with parents who may need additional assistance with babies or toddlers.

PERSONAL PROFILE

Cheryl Abrams comes from a close family in Philadelphia PA. She joined the US Army because she wanted to travel and see the world. After ten years in the Military she got married and started a family of her own. After getting out of the Army she attended intense classes on childcare and became a Home Daycare provider for the Ft. Lewis Washington childcare system. She also was an education distributor for a children's book publisher. She enjoys cooking and at one point had considered becoming a Chef. Without formal training as a cook according to the world's standards, she says she will go knife to knife with any Top Chef. In 1991 she took a break from childcare to pursue her cosmetology license. She worked in a salon for over 20 years and retired in 2011. Three years prior to retiring she went back to the childcare industry working as a Night Nanny/Baby Nurse. With her concern to help new mothers to be confident after giving birth, she sought out information to become a certified postpartum doula and also

First Aid & CPR Certified
Certified Postpartum Doula
Birth Doula
Lactation Consultant
Childbirth Educator
Newborn Care Specialist
Advanced Newborn Care
Training
Gentle Blessings 2017 Master's
Workshop
Summers Secrets Sleep
Consultant and Trainer
Newborn Care Training Academy

SKILLS

24/7 Round The Clock Care
Family Oriented
Fantastic Cook
Emotionally Supportive
Superior Communication Skills
Complex Problem Solver
Critical Thinker
Reliable & Flexible

VOLUNTEER EXPERIENCE & LEADERSHIP ROLES

took newborn care and breastfeeding training. Her concern is to help you and your family transition and to help educate the importance of being a mother before and after giving birth. She wants to help around the home while she takes care of your husband and little ones.

PROFESSIONAL COURSES AND CERTIFICATIONS

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| Birth Doula DONA | Dallas, TX November 2013 |
| Birth Doula CAPPA | Ft. Worth, TX September 2014 |
| Multiple Blessings | November 2014 |
| Postpartum Doula Parenting Resources | St. Louis, MO March 2016 |
| CPR/First Aid It's Breathtaking | Ft. Worth, TX December 2019 |
| Lamaze Training Lamaze | Dallas, TX February 2013 |
| Newborn Care Specialist Newborn Care Training Academy | Ft. Worth, TX April 2018 |

American Cancer Society Look
Good Feel Better, 1992-2004
Parents As Teachers 1993-2001
Tarrant County North American
Mental Illness Board
Member (NAMI), 2012-2013
Child Evangelism Fellowship, Grace
Hospice Ft. Worth, 2013
JPS Hospital Journey To Life Birth
Doula 2015-2016
African American Breastfeeding
Task Force, 2013-2016
Tarrant County Breastfeeding
Network, 2013-
Babies R Us Hurst TX Birth and
Newborn Educator, 2013- 2018
American Pregnancy Association
Member

PROFESSIONAL EXPERIENCE

CONTINUING EDUCATION

Vaginal Birth After Cesarean With Amy Giles, CNM 2014
Postpartum Anxiety and Depression with Kim Kertsburg, LCSW 2016
Vaginal Breech Birth with Dr. Fred Cummings- Denton County Birth Network 2017
Pelvic Floor Perinatal Trauma Marie Woerner PT, DPT, WCS, CLT 2017
Texas Midwifery Board Water birth Guidelines 2018
Answering the call becoming a midwife 2018
10 Things moms must know before hiring someone to catch your babies 2018
Multiple Blessings Newborn Care Training 2015
Hush Little Baby Fall Workshop 2017
Gentle Blessings Newborn Care Master's Workshop 2017
Summers Secrets Sleep Consultant Training 2018
Tarrant County Birth Network 2013-
Newborn Care Training Academy 2018
Gentle Blessings Master Newborn Care Workshop 2019

Baby Expos

Big City Moms Dallas 2018, 2019
Prego Expo Dallas, 2019

References and above phone numbers are always available upon request

