

# EMILY MCGREGOR

STUDENT MIDWIFE



## PERSONAL SUMMARY

Emily began her journey in the birth work world in 2016 as a Certified DONA Doula. After attending nearly 100 doula births, Emily became a childbirth educator, in 2019 certifying through Lamaze International. As Emily spent time educating her clients, and attending births she began to realize how much support her clients needed with breast/chest feeding which inspired her to pursue her formal education in Lactation. She became a Certified Lactation Counselor through the Healthy Children's Project summer 2020. As Emily continued to fall in love with birth and supporting birthing people, she decided to become a student midwife, and began assisting in late 2020. Since 2017 Emily has attended over 200 births, has taught over 500 hours of Childbirth Education, and supported hundreds of people with lactation.

## WORK SUMMARY

### Self Employed-

*The Rosewater doula LLC  
June 2016-Present*

- Attended 100+ births in the doula capacity and counting!
- Built a reputable, well known business.
- Networked and created working relationships with local providers.

### Certified Childbirth Educator-

*Lamaze International  
February 2019-Present*

- Taught 500+ hours of childbirth education to expecting families.
- Student taught with Penny Simkin December 2019 for 6 weeks.

### Lactation Counselor-

*Healthy Children's Project  
August 2020-Present*

- Assisted hundreds of lactating clients in various lactation complications.

### Birth Assistant-

*October 2020-Present*

- Assisted in over 100 births in the out of hospital setting.

## CONTACT DETAILS

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## EDUCATION BACKGROUND

### AAS, Culinary Arts

*Utah Valley University, Orem Utah -Graduated 2015  
-Formally French Trained Chef*

### BSM, Midwifery

*Midwives College of Utah 2021-Present  
-Anticipated Graduation Winter 2024*

## TRAININGS:

### Certified Hypnobabies hypno-doula - Spring 2018

*-Learned how to support those choosing to use hypnosis during childbirth.*

### Culturally Competent Rebozo training- Spring 2018

*-Learned cultural significance and sensitivity around the beautiful gift that is the Rebozo.*

### BADT Culturally Competent Doula - Fall 2021

*-Learned how be culturally sensitive in the supporting of many different doula clients.*

### NRP Training with Karen Strange - Winter 2021

*-Learned advanced neonatal resuscitation skills for the out of hospital birth setting.*

### Breech without Borders - Summer 2022

*-Learned advanced skills in supporting breech out of hospital births.*