

EMPOWERING FAMILIES
WATCH. WONDER. RESPOND

Patience Bleskan, MA
Child Development Specialist,
Birth & Postpartum Doula, Parenting Consultant



My Professional Philosophy

As unique individuals grow to form families, they have the right to to be supported through pregnancy, birth and parenting in discovering and creating their desired experiences.

Why I do This work

My passion for birth, postpartum care, and parenting support comes from my fascination and awe of infants and young children. These small human beings open up new worlds to the people who care for them. Yet, caring for children is a vast responsibility that requires confidence and creativity.

Birth is the first hurdle of parenting. Women who have a positive and empowering birth experience move into motherhood more confidently. Parents who have more knowledge of how infants and children understand and grow can be more creative and experience more joy in parenting. This is what I strive to provide for the families I work with.

I cherish the honor of being invited to support the sacred family space.

Education and Training

- **Mother of 4:** Life long continuing education and experimentation
- **Master of Arts in Educational Psychology**, 2004 Emphasis: Early Childhood
- **Bachelor of Arts in Psychology, Cum Laude**, 2002 Emphasis: Childhood Development & Learning
- **Prenatal Parenting Instructor Certified** The Institute for Perinatal Education, 2003
- **CAPPA Labor Doula Certification**-in progress
- **CAPPA Postpartum Doula Certification**-In progress
- **CAPPA Childbirth Educator Certification**-In progress

Professional Memberships

- **Bellies, Birth and Babies** Board of Directors, panel expert
- **Family Involvement Network of Educators** A network of educators receiving the latest research findings out of Yale University on the impact of family on education and learning.
- **CAPPA** Childbirth and Postpartum Professional Association
- **Colorado Women's Chamber of Commerce**

Services

Please visit my website for more information on services and classes.

www.patiencebleskan.com

Labor Doula \$650

2 prenatal visits, 24/7 continuous labor support, 2 postpartum visits

Postpartum Doula \$25/hour

Day and/or night support for families with newborns

Private Consultations \$75/hour

Individualized family support for help with child development and behavior.

Sibling Support \$variable

Private support and education for parents and child. Labor support and postpartum support available.

Classes

Empowered Birthing \$130/couple

A fast paced, comprehensive course covering birth, postpartum, and newborn care.

Sound Sleep \$25/person \$40/couple

A class for parents wanting to better understand and support infant and childhood sleep.

Diaper free before 3! \$25/person \$40/couple

A class for parents wanting to understand and support happy, healthy voiding habits.

Discipline with YES \$25/person \$40/couple

This class is designed to provide parents and care takers with information in decoding behavior and learning ways to teach young children how to act.