Tannia Garces-Mowla

Pregnancy and Lactation Specialist · Early Childhood Specialist

Hello! Saludos!

My name is Tannia Garces-Mowla, and I am a Pregnancy and Early Childhood Specialist with over 20 years of experience, dedicated to supporting pregnant women and families with young children. I am passionate about empowering expecting women to trust their bodies during childbirth, and equipping them with the knowledge they need for a positive birth experience — because all women deserve one.

M.S.
Master of Science, Child and Family Studies

CD (DONA)
Certified Birth Doula, DONA International

CLC
Certified Lactation Counselor

CIMT
Certified Infant Massage Therapist

What is a Doula?

A doula is a trained professional who provides continuous physical, emotional, and informational support to a mother before, during, and shortly after childbirth. Unlike a midwife or OB, a doula does not perform clinical tasks — instead, I focus entirely on your comfort, confidence, and understanding of what's happening every step of the way.

I work alongside your medical team, not in place of it, helping you feel informed, calm, and supported so you can make the choices that are right for you and your baby.

BACKED BY RESEARCH

Evidence-Based Reasons to Have a Birth Doula

01 **Shorter Labors**
Research reviewed by Cochrane found that continuous labor support is associated with shorter overall labors.

02 **Fewer Cesarean Births**
Studies show continuous doula support is linked to a lower likelihood of cesarean delivery.

03 **Less Need for Pain Medication**
Continuous support has been shown to reduce the use of pain medication and epidurals during labor.

04 **Higher Satisfaction with Birth**
Mothers with doula support consistently report greater satisfaction with their overall birth experience.

05 **Better Newborn Outcomes**
Continuous labor support is associated with improved newborn Apgar scores at birth.

06 **Stronger Parent-Child Bonding**
Doulas improve birth outcomes and support early bonding by reducing stress, lowering postpartum depression rates, and fostering responsive parenting. This continuous non-clinical care helps parents feel confident and secure, creating a strong foundation for a healthy parent-child connection.

HOW I SUPPORT YOU

Services

Prenatal Support
Build your birth plan, ease anxieties, and prepare mind and body for labor.

Labor & Birth Support
Continuous support through labor, delivery, and beyond.

Postpartum Care
Newborn care guidance and recovery help in the fourth trimester.

Lactation Counseling
Feeding guidance from as a Certified Lactation Counselor.

Infant Massage
Certified instruction to support bonding, sleep, and development.

Early Childhood Guidance
Ongoing support for families navigating the early years.

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

PSALM 139:13–14, NIV