



CHRISTA GRAZIANO

CERTIFIED LABOR AND POSTPARTUM DOULA

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Christa's personal journey to motherhood ignited her passion for all things pregnancy, birth, and baby. She takes pride in her fun-loving and relatable approach to offering non-judgmental educational, emotional, and physical support.

Her passion for birth began long before she even knew what a doula was. As a young girl she loved watching "A Baby Story," usually crying during each episode. In hindsight, her emotional reaction at such a young age was very telling of her connection to birth itself. It wasn't until the birth of her own daughter in 2015 that she grasped the importance of labor and postpartum support.

Christa's ProDoula doula training began in Washington, DC, (2017, 2018) shortly followed by working with a doula agency in Virginia. Fast forward past moving states and adjusting to life changes, she is excited to now be grounded in supporting families in her hometown of SWFL. Christa's experience also includes working as a breastfeeding peer counselor, offering breastfeeding support to thousands of clients and leading countless breastfeeding classes and new parent interactions.

Christa aims to serve clients in a way that makes them feel heard, important, and confident in whatever decisions they make. She views the birth process as a vulnerable time of transformation for parents, and is grateful to those that trust and welcome her into their sacred space to shower them with her encouragement and guidance.

When she isn't being a doula you can find Christa shopping vintage markets and thrift stores, at the beach, or comfy at home with her partner, 4 year old daughter and 13 year old bonus boy.