

Kathy Malone Stewart has worked as a certified pediatric nurse practitioner for over forty years, graduating from Virginia Commonwealth University/ Medical College of Virginia in 1979. She works part-time in a private pediatric office as a CPNP and lactation consultant (IBCLC), giving her time to pursue her other interests, which are teaching Lamaze classes, working with couples as their birth or postpartum doula (DONA certified), training thousands of women to become doulas and lecturing on empowerment issues. Her motivation for writing my book, *Your Birth Plan* is to help couples create a meaningful birth plan and to empower them to take an active role in their preparation for birth as well as helping them to effectively communicate with their healthcare provider, doula, and nursing staff.

In 1996, Kathy incorporated her company, Full Circle Childbirth Consultants, to expand her mission from offering prenatal education to providing birth and postpartum services as well as coordinating and training women to become DONA (Doulas of North America) approved birth or postpartum doulas. Full Circle also develops educational programs for continuing education credits on a variety of topics including breastfeeding, comfort measures for the laboring patient, doula support and several pediatrics issues like bedwetting and attention deficit disorder (ADHD).

Kathy is active with the Richmond area Virginia chapter of NAPNAP (National Association of Pediatric Nurse Associates/ Practitioners) where she has served as program chairperson and served as the 2009-2010 Virginia chapter president. In 2018, ABP Doula Training Center was established. This Training Center which is owned by Kathy is an approved school with the State Counsel Higher Education Virginia (SCHEV) has been training many doulas in Virginia. Another mission for this center is to provide continuing education for nurses, doula and lactation consultants. Kathy is also a proud mother of two adult sons and one very sweet granddaughter.



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