

Amy Berg

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About

Postpartum Doula • Newborn Care Specialist • Licensed Midwife

Compassionate, trauma-informed newborn care expert with over 25 years of experience supporting families through pregnancy, birth, and the first year of parenting. CA Licensed Midwife turned Postpartum Doula and Newborn Care Specialist, bringing deep clinical insight, emergency medical training, and a nurturing, judgment-free presence to every home I serve. I provide holistic postpartum care that blends evidence-based newborn support, family-centered education, and emotional reassurance, empowering families to thrive from womb to world.

Experience

Beyond the Third Trimester / Postpartum Doula, Newborn Care Specialist, Birth Doula

SEPTEMBER 2002 - PRESENT, SAN MARCOS, CA

Since 2002, I have provided continuous support to families as both a birth and postpartum doula, walking alongside them through one of life's most sacred transitions. My work has spanned hospital, birth center, and home birth settings, offering intuitive care rooted in evidence, consent, and connection.

As a birth doula, I advanced patient experiences by offering comprehensive prenatal education, including guidance on breathing techniques, natural pain relief options, and a clear explanation of the labor and delivery process. I routinely visited clients in their homes during the third trimester to assess physical and emotional well-being, answer questions, and build trust, ensuring they felt prepared, seen, and supported.

In the postpartum space, I've nurtured new families with a calm, grounded presence, providing overnight newborn care, feeding education, emotional reassurance, and practical tools to ease the adjustment to life with a baby.

Best Start Birth Center / Lead Medical Assistant, Postpartum Midwife

APRIL 2021 - OCTOBER 2022, SAN DIEGO, CA

Delivered high-quality postpartum care to families, ensuring safety, healing, and support in the early days after delivery. Combined clinical precision with compassionate care to assess both maternal and newborn well-being.

Accurately tracked maternal vital signs and conducted lab testing, ensuring prompt detection of any complications through attentive assessment and charting.

Provided immediate newborn care, including APGAR scoring, vitals, and early assessments, while offering hands-on education to parents on newborn care and feeding.

Delivered specimens to laboratories while maintaining chain-of-custody protocols and specimen integrity.

Supported families through the discharge process and conducted in-home follow-ups to assess healing, screen for complications, and offer ongoing emotional and practical support.

Maintained a calm, prepared presence in emergencies and followed facility protocols to ensure safe outcomes.

Educated families on a range of postpartum topics, including lactation, infant behavior, emotional health, and recovery, positioning myself as a trusted, reliable resource.

Tree of Life Birth Center / Lead Medical Assistant, Postpartum Midwife, Birth Assistant

OCTOBER 2017 - JULY 2020, ENCINITAS, CA

Provided essential prenatal and postpartum care in a high-volume, out-of-hospital birth center setting. Blended clinical responsibilities with compassionate support to ensure safe, informed, and empowered experiences for birthing families.

Served as the lead medical assistant, coordinating patient flow, preparing exam rooms, and assisting midwives with prenatal visits, lab draws, and routine screenings.

Supported laboring individuals and assisted with births, seamlessly transitioning into postpartum care with thorough maternal and newborn assessments.

Educated families on natural comfort techniques, labor preparation, and postpartum recovery, bridging clinical knowledge with holistic care.

Developed trusted relationships with clients through regular third-trimester home visits, fostering continuity of care and proactive support.

Charted meticulously, monitored lab results, and ensured accurate documentation across the prenatal and postpartum timelines.

Anticipated needs in both routine and urgent situations, maintaining a steady and competent presence in emergency or high-stress environments.

Whole Life Home Care / Postpartum Doula, Newborn Care Specialist

JANUARY 2016 - JANUARY 2019, ENCINITAS, CA

Provided in-home postpartum and newborn care with a trauma-informed, evidence-based approach. Supported families through the tender fourth trimester, offering overnight care, parent education, and emotional support during early adjustment.

Exhibited flexibility and dedication while working overnight shifts to ensure continuity of care and rest for new parents.

Served in dual capacities as a postpartum care specialist and newborn care educator, offering guidance on feeding, sleep, infant hygiene, and soothing techniques.

Built strong rapport with clients by listening actively, respecting family values, and prioritizing personalized care plans to meet individual needs.

Empowered parents by answering questions and normalizing newborn behavior, helping them feel confident and supported in their new roles.

Monitored both maternal recovery and newborn health, contributing to faster healing and positive postpartum outcomes.

Collaborated with healthcare providers when needed and referred families to appropriate resources for lactation, mental health, or medical care.

The Nesting Place / Lead Midwifery Student

AUGUST 2015 - DECEMBER 2017, TEMECULA, CA

Streamlined all aspects of prenatal and postpartum care by coordinating appointments, drawing labs, ordering diagnostics, and maintaining accurate, HIPAA-compliant records. Served as the primary birth assistant during deliveries and led infant care immediately postpartum. Balanced clinical excellence with administrative leadership.

Orchestrated daily clinic operations, including inventory management, billing, invoicing, accounts receivable, and payment tracking to ensure efficient workflow and patient satisfaction.

Played a key role in outreach and community engagement by designing and executing marketing campaigns that educated families on the benefits of midwifery-led and out-of-hospital birth.

Supported a collaborative care model while remaining agile in dynamic environments, responding calmly and effectively during high-stress or emergency situations.

Committed to culturally competent and trauma-informed care, ensuring that every family felt safe, heard, and supported throughout their journey.

Additional Work History

Licensed Midwife / Acorn Community Birth Center: Fallbrook, CA (1 year)

Educator: Healthcare Disparities in the LGBTQ community / Nizhoni Institute of Midwifery: San Diego, CA

Newborn Care Specialist / Freelance: Various Locations (16 years)

CNA, Float / Palomar Hospital: Escondido, CA (1 year)

CNA, Director of Client Services, Hospice / In-Home Care: Carlsbad, CA (2 years)

CNA, Hospice / La Costa Glen: Carlsbad, CA (2 years)

Self-employed Nanny/ 2000-2016

Education

Doula University / Doula Training (20 hours)

MAY 2025, SAN DIEGO, CA

UEI / Medical Assistant training

MARCH 2020 - SEPTEMBER 2020, OCEANSIDE, CA

Best Baby Ever / Newborn Care Specialist Training

SEPTEMBER 2016, ENCINITAS, CA

Nizhoni Institute of Midwifery / Certified Professional Midwife

OCTOBER 2012 - OCTOBER 2015, SAN DIEGO, CA

SD Regional Occupational Program / Certified Nurse

Assistant/Home Health Aide

MAY 2007 - MAY 2009, ESCONDIDO, CA

Closing

With over two decades of experience supporting families from pregnancy through the postpartum period, I bring deep expertise, calm leadership, and an intuitive ability to meet each family exactly where they are. Whether assisting in birth, guiding new parents through sleepless nights, or providing evidence-based newborn care, I offer a steady presence rooted in compassion and skill. I'm now continuing my work through my private practice, where I remain dedicated to supporting the beautiful transitions of early parenthood.