

Meet Paulette ReeseHart



Paulette ReeseHart is a Birth and Postpartum Doula, who firmly believes in listening to what your body is telling you. As she loves to say, “no one knows your body like you”.

She is currently completing her Bachelors in Human Services, has been married for 25 years, and is the mother of four beautiful children. She didn't always want to be a mom; in fact, she was terrified at the possibility of being responsible for another life. But, here she is navigating the lives of four of them, and enjoying it to the fullest. Her children bring her endless joy and happiness.

Paulette would love to journey with other parents as they navigate through the birthing process. She’s been told her style and personality are mother-like, comforting with a strong sense of advocacy for all individuals. She knows when to give the extra push when the moments seem unending, all while creating the most positive atmosphere she can.

Every birth is different, every birthing individual is as well; her honor is to help the end goal be the same by providing the best care possible. She also believes in a whole family approach, as she never wants you to feel alone with her at your side. She believes in realistic expectations, as she wants to help you be optimistic in your realistic range of possibilities, and that this can be accomplished from achieving realistic expectations.

To connect with Paulette, call (407) 963-7101 or email DoulaPaulettepbc@gmail.com.

“I believe every woman deserves to have the birth she envisioned.”

