

Meet the Birth and Family Education Team

Our team of Birth and Family Educators come from a rich tapestry of backgrounds, each bringing a unique blend of expertise and passion to our department mission of supporting families through the journey of childbirth and early parenting.

With over 100 years of collective experience, our team is comprised of childbirth educators, certified safety technicians, lactation specialists, massage therapists, doulas, and nurses. We are proud to have professionals who have trained locally and internationally, bringing a global perspective to their teaching methods.

Each member of our team is deeply committed to providing birthing people, partners, and families with the confidence, skills, and knowledge needed to navigate the challenges and joys of childbirth and parenting.



A few members of our team outside The Lytle Center for Pregnancy & Newborns at Swedish First Hill

Whether you are expecting your first child; seeking a childbirth refresher, newborn care, or safety course; or are a grandparent or family member of an expectant family, our team is here to provide you with education and resources to guide you every step of the way.

