



# *Honoring You*

*Doula Support for all of Life's Journeys*

## Katie Cavuto, MS, RDN, Chef, PCD, Doula

“Throughout my 20-year career my intention has always been to help people thrive and to provide them with the love and tools they need to support themselves and their family meaningfully.”

As a Postpartum Doula, a period of life Katie feels incredibly drawn to, she provides pregnancy, postpartum and infancy support for families of all kinds including families with special needs, multiples, single moms and dads, adoptive parents and families with multiple children too.

Katie has the natural ability to see an infant's needs and understand their cues, helping the family be able to care for and comfort the baby in ways that support everyone in the room! From sleep routines to calming techniques and feeding support, Katie is there for you. She gives the best hugs too!

“I truly love infancy and serving families during this time period when there are so many changes taking place. Being a calm and comforting doula and loving everyone in the room, including having fun with siblings and pets too, is something I continue to be excited to do.”

Katie supports families well after infancy too, providing childhood care as well as bereavement and loss support where she brings both lightness and empathy into the room; always celebrating every adult and child's unique needs.

“I absolutely love what I do and feel immensely grateful for the often life-changing connections I am able to make through all that I do!”

“From infancy through end-of-life/hospice support, I feel honored to lend a loving hand no matter what life circumstances you are moving through.”

Katie also provides deeply loving dementia care – it’s a population she feels grateful she is able to connect to – she is truly gifted too. She also provides companion/respice care, and end-of-life/hospice support. To Katie, it’s about loving people, no matter what transition they are moving through because it’s the love that gets all of us through.

“The thing I love (I use this word a lot, but it’s true!) the most about dementia care is seeing the person for who they are and connecting them to the aspects of their that remain important to them. Bringing lots of joy to activities and maintaining dignity are of the utmost importance to me too. I have the best time with the people we care for and I feel blessed to share this time with them!”

“Supporting individuals and families through end-of-life transitions, no matter their age, is something I have always felt called to do – including helping my grandparents through this transition and many other families and individuals too.

Katie has an MS in Clinical Nutrition from Tufts University with an emphasis in Behavioral Science and a BS in Culinary Nutrition from Johnson and Wales. She is a Social Emotional Learning Specialist and has completed a 200-hr Yoga Teacher Certification.

She has worked as a chef, owning her own business, and throughout her career she has worked acute care settings, provided outpatient support and has worked in several aspects of long-term care.

Katie has dedicated a significant amount of her career to providing in-home care too, supporting people both physically and emotionally, throughout the

lifespan, for many years. Katie has provided hospice support as a volunteer, and she is the [founder](#) of Honoring You.

“I cannot wait to support you through whatever life circumstance you're going through. And I can promise you this, there is love in all of it, even when it doesn't feel like it. And when you need a good laugh or a good cry, some nurturing, nourishment, self-empowerment or a few to-dos checked off your list, I would be honored to be that person for you.”

With love and gratitude,

Katie