



*Hi There,
Kris Here.*

I'm a Mother of Five, Certified Doula and Certified Lactation Counselor® with fifteen years of embodied navigating along the childbearing continuum. I know what it is to journey pregnancy, birth, and postpartum as a Black woman and mother in America, and I know just the kind of nurturing we need and deserve.

In 2022, I founded Mother of Ease™, a Black Maternal and Family Health company whose principal focus is the birthing experiences of Black folk. My private practice is intimately inspired by and devoted to the centering and advancement of safe keeping, space holding, rest promoting, and joy flowing for Black and of color women and their kin/folk.


If you're looking for empathetic and educated guidance and support for you or someone you love - you've just met your girl.


x, Kris Elle




@motherofease

Let's Connect

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 980-349-8479

 Charlotte, NC

Let's Walk

Most mornings at dawn - rain or shine - I can be met at a trailhead in Mecklenburg County for a lovely walk alongside.

Let's Talk

Enjoy one-hour, custom consults - for your essential questions about pregnancy, labor, birth, or postpartum.

Let's Journey

With monthly prenatal appointments, in-person birth support, and unlimited text/call/email support through six weeks postpartum - you'll source deep nourishment in bespoke birth continuum guidance.