

# Show Notes

## Episode 122

On today's episode, we speak with Chelsea Van Middelkoop, a military spouse and birth doula. Chelsea assists military families in navigating Tricare benefits for breast pumps and parts free of charge.



**To learn more about Chelsea and her services, you can visit her here!**

**If you are a Tricare member and are looking for a doula, you can find our area's only Tricare-covered doula, Kayla Kohl, here!**

**Military Birth Research Network** (National)

**Omaha Chapter**

**Military Mommies**

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**And to learn more about our nonprofit, Omaha Better Birth Project, visit:**

