



motherly melody

Music is without a doubt one of the great loves of Domino Kirke's life (a few others being her son and *Gossip Girl* alum husband Penn Badgley), but the other? Moms. What you may not know is this musician mama is also a birth educator, doula, and co-director of Carriage House Birth—the NYC and LA based collective of birth experts specializing in providing moms with support well beyond their pregnancies.

photography by
LINDSAY BROWN



MINI | Let's dive right into your work as a doula and birth educator. What sparked your interest in working with moms-to-be or where did it all begin?

DOMINO KIRKE | As a child, I was always very protective of babies and pregnant bellies. I told myself that I would become a midwife if things didn't work out with music, but I always knew I would have to experience childbirth first before I knew if birth work was for me. I didn't have a doula at my son's birth. I had a midwife's assistant and she was really there to assist the midwife, not me. I really felt the difference. I knew that once the dust had settled after my son's birth, I would become a doula, because I felt

such a huge gap in my care. Having a doula there would've made a huge difference.

MINI | For our moms-to-be, can you define doula and your role?

DOMINO KIRKE | A doula is someone who goes on the pregnancy, birth and postpartum journey with a family. A doula is an advocate. They never speak on behalf of a parent. They give informational, physical and spiritual support. Doulas help prepare the parent for childbirth, newborn care and the postpartum phase. They help with education, preparing the home, packing for the hospital or birth center. For postpartum, they help with cooking, cleaning, running errands, newborn care and breastfeeding support.

MINI | What do you think are the perks of working with a doula?

DOMINO KIRKE | Having a doula is a way for you to keep the ball in your court during the birthing process. The doula hopefully will know you quite well by the time you deliver, and it can be so invaluable to have someone who is that familiar. The doula is there JUST for you.

MINI | You're also the co-director of Carriage House Birth. Tell us about how you got involved.

DOMINO KIRKE | I became a birth doula, and met my partner, Samantha Hug-



gins, just over a year later. I needed a partner because the on-call lifestyle with a baby (my son was seven months) was just too much. I needed a sister. We started Carriage House Doulas. We quickly realized that we, as doulas and birth workers, needed our own community, and so we decided to open a center in Williamsburg, Brooklyn a few years later. We partnered with co-director, Lindsey Bliss, to open Carriage House Birth. We needed to build a village. There was just such a need! Now we are in LA and NY (soon to be in Austin) and we have over 80 doulas in our collective.

MINI | You're also a musician! Tell us about your latest work.

DOMINO KIRKE | I just finished my first LP "Beyond Waves." It was produced by Joan Wasser (Joan As Police Woman) and co-written by Luke Temple (Here We Go Magic). I'm really proud of it!

MINI | How are you introducing your children to music?

DOMINO KIRKE | We play our piano as much as possible. I let my son come to sound checks with me, I ask him songs he likes when we're driving, and I play him my music in the car.

MINI | What is your earliest memory of music?

DOMINO KIRKE | Watching my father play drums at a Bad Company show, piano lessons since I was six, and singing in choirs for as long as I can remember.

MINI | Since we're here— Tell us about your home!

DOMINO KIRKE | It's like a cottage in the city. It was built in 1840.



DOMINO KIRKE | Learning how to become selfless. Being present for them while balancing career and home life.

MINI | What are some of your favorite elements in your home?

DOMINO KIRKE | Paintings I've had since my early 20's and bedding. I love linen sheets.

MINI | Let's talk motherhood! What is most important to you in raising your children?

DOMINO KIRKE | To listen, teach him about nutrition, how to rest and be bored.

MINI | Tell us how you decided on your son's name.

DOMINO KIRKE | I didn't find out his gender when I was pregnant, so I swore he was a girl. I had a name picked out and everything. Of course, he was a 10 pound boy, so he got the name I was going to give a dog I planned on getting. It fit him like a glove.

MINI | What do you think is the greatest struggle or challenge of motherhood?

MINI | How about the greatest challenge of being a working mom?

DOMINO KIRKE | I don't see him nearly enough. I was a single mum for four years, so joint custody is a whole other thing. I want to spend every moment I can with him, but it's just not realistic.

MINI | Has your style changed since becoming a mom?

DOMINO KIRKE | Flatter shoes, looser clothing.

MINI | Where do you like to shop for yourself and your son?

DOMINO KIRKE | Flying Squirrel for my son (a kids consignment store in Greenpoint, Brooklyn). Beacon's Closet and Narnia for me.

MINI | Looking back to your first days as a mom, what would you tell yourself?

DOMINO KIRKE | You're a great mother.

FAST FACTS

BEFORE KIDS, I NEVER
THOUGHT I WOULD
Like Birkenstocks.

CAN'T STOP LISTENING TO
My sister Lola's Spotify
playlists.

ON MY NIGHTSTAND
Silence by Shusaku Endo.

FAVORITE LOCAL
RESTAURANT
Bar Bolinas.

FAVORITE LOCAL SHOP
Scosha.

TYPICAL COFFEE ORDER
Iced matcha.

LAST BOOK I READ
How to Talk So Your Kids Will Listen and How to Listen So Your Kids Will Talk.

ALWAYS IN MY FRIDGE
Unsweetened almond milk
and organic blueberries.

IF THERE WERE MORE HOURS
IN THE DAY, I WOULD
Play with my son more.

GUILTY PLEASURE
Banana pudding with
Nilla wafers.

IDEAL DATE NIGHT
Good food and a play or
dance performance.

SIGNATURE SCENT
Rosewood Essential Oil.

