The postpartum period, defined as time after the birth of your baby, is a very special time, deserving of a sensitive approach. A postpartum doula focuses on the needs of both the new parents and their newborn. Doulas nurture the parents by offering practical assistance as well as emotional support, enabling a faster recovery and increased confidence in meeting the challenges of parenthood.

Family and friends may respond to the new arrival with the perfectly timed call, visit, meal, gift, and set of helping hands. Some visitors unintentionally place stress on the new parents. A postpartum doula can help fill in the gaps and gently guide the extended family if needed, facilitating a smooth and rewarding transition.

Each family has different needs that may change from day-to-day. A postpartum session provides a check-in on how the last 24 hours has gone, formulation for a plan for the session, and can include anything that feels supportive inside the home such as;

1. Breastfeeding support (referral to a lactation consultant if needed)
2. Troubleshooting with feeding and sleeping cycles/Spending time with your baby so you can rest
3. Basic household tasks/ Organization of supplies
4. Assistance with after-birth healing (sitz bath, emotional support, etc.)
5. Helping with baby care and babywearing, guiding you as you learn
6. Grocery shopping, errands
7. Simple meal preparation
8. Facilitating visitor tasks/Advocacy