

What Is a Postpartum Doula?

From the ancient Greek meaning "a woman who serves".

Today, the term "Doula" is used to refer to a trained and experienced professional who provides **continuous physical, emotional and informational support** to a birthing person (and their partner if they have one) before, during, and after birth.



~ The 3 Pillars of Postpartum Doula Support ~

Avoid Google - Ask Your Doula!

A postpartum Doula can help keep you and your partner informed through your recovery and each milestone of your newborn's development. They can also help you find evidence-based information about different options and strategies as you navigate new parenthood. A Doula is an unbiased resource. NEVER a source.

Your Emotions and Fears Are Valid!

A Doula is a continuous comforting presence offering reassurance and encouragement, showing a caring and empathetic attitude, and helping you and your partner work through fears and self-doubt about parenting and life after baby arrives. Debriefing after birth is another way a postpartum Doula can support you emotionally.

Easing Your Transition Home!

- Light Housework
- Newborn care while parents rest
- Assistance with feeding
- Meal Preparation and Planning
- Baby-wearing assistance
- Sibling support
- Newborn care education
- Anything you need to help the transition home feel easier



"If a Doula were a drug, it would be unethical not to use it."

-Dr. John H. Kennell

IMPORTANT!

No, a Doula is NOT "Just like a Midwife"! A postpartum Doula does not and is not qualified to perform any medical procedures including, but not limited to, blood pressure checks, newborn assessments, postpartum checkups, mental health assessments, etc. A Doula is NOT and does NOT replace a Health Care Provider such as a Midwife or OB

Doula Support For Partners

- Prenatal Education about the birthing process
- Helping them work through their own fears or apprehensions
- Facilitating conversations with the two of you
- Teaching them newborn care techniques
- Ensuring they are fed and hydrated
- Education about how to support a parent's recovery in the postpartum period.

Doulas do NOT replace partners! A Doula's job is to educate, emotionally, and physically support partners to empower them to support birthing people through the postpartum period.

Benefits to Hiring a Postpartum Doula

- Decreased Anxiety
- Increased Confidence in Parenting
- Boosted Self Esteem
- Improved Postpartum Mental Health
- Improved Bonding For Partners and Siblings
- Better Breastfeeding Outcomes
- Increased Movement Postpartum
- Quicker Physical recovery
- Improved Relaxation

Thinking About Hiring a Doula?

- Ask about their training.
- Ask about their experience.
- Are they available during your postpartum window?
- What Services do they provide?
- Is conversation easy with them?
- What are their fees?
- What are your general Instincts about this Doula?