

The Bon Bébé
DOULA

POSTPARTUM DOULA

SERVICES AND INFORMATION

What Is a POSTPARTUM DOULA?



POSTPARTUM DOULA ROLE

A postpartum doula provides mothers and families physical, emotional, and informational support during the postpartum recovery period. From helping establish routines with the new baby and caring for mom, to providing breastfeeding support and newborn care, postpartum doulas are skilled in easing the transition to motherhood. In addition to this, they are capable of assisting with light housework and meal preparation, allowing mothers to focus on caring for their new baby.

POSTPARTUM CARE

Postpartum doulas are trained in various coping methods for postpartum recovery to help you regain your strength quickly and comfortably. They also provide emotional support to help you process your new role as a mom. Think of them as your "emotional cheerleader." Additionally, they can help with household chores and organizing new routines to help your home run more smoothly during this time.

NEWBORN CARE

Postpartum doulas can guide you through caring for your new baby, from soothing them to bathing and diapering, and even navigating through developmental milestones and sleep regressions. They can also take care of these tasks for you and care for the baby themselves, even overnight (depending on your doula arrangement), so you can care for yourself.

FEEDING SUPPORT

No matter what method you choose to feed your baby, a postpartum doula can provide you with the right support. From guiding you through feeding positions and providing lactation support resources to preparing bottles and feeding your baby, your doula is there to help you every step of the way.

Benefits

1. **Increased Rest**
   Get more rest for a quicker recovery
2. **Targeted Help**
   Receive personalized help catered to you and your family's needs
3. **Emotional Support**
   Receive emotional and mental health support in a caring and calm environment fostered by your doula.
4. **Sibling & Partner Support**
   Siblings and partners receive support to ease into the transition of life with a new baby.

POSTPARTUM RECOVERY
Timeline & Warning Signs

The postpartum recovery period can vary depending on your birth, body, and method of delivery, though it is typically 6 weeks for vaginal deliveries or 8 weeks for c-section deliveries. However, some believe full recovery can take several months. No matter your delivery method, knowing what to anticipate, and taking the time to care for yourself properly during this time, can help make your recovery a smooth one and create a positive postpartum experience.

DAY 1-10

- Heavy period-like bleeding (lochia)
- Afterbirth pain/cramping as uterus shrinks back to original size. More intense during breastfeeding
- Breast milk comes in, sometimes causing soreness and engorgement
- Estrogen level drop, sometimes causing "baby blues"
- Vaginal and perineal pain, and soreness for vaginal deliveries
- Pain around incision area for c-section deliveries
- Stomach still appears pregnant

DAY 11-21

- Lighter vaginal bleeding
- Decrease in vaginal and perineal pain, light soreness
- Decrease in c-section incision area pain, with possible itchiness
- Possible night sweats due to hormonal shifts
- Baby blues may still be experienced during this period but should subside by 14th day postpartum.
- Stomach still looks pregnant

WEEK 4-6

- Very light vaginal bleeding that tapers off and subsides
- Continued vaginal and perineal healing with mild to no pain
- Mild to no pain of the c-section incision site. Possible itchiness.
- Stomach may look somewhat pregnant. Uterus should be pre-pregnancy size at 6 weeks
- If exclusively formula feeding, first menstruation after birth can occur during this time

Warning Signs

If you have any of the following symptoms, seek medical care immediately

- Blood clots larger than an egg in your lochia, or bleeding through more than one pad per hour
- Fever of 100.4 or higher
- Red or swollen leg that is painful or warm to touch
- Discharge at c-section incision site
- Incision site that isn't healing
- Extreme abdominal pain or cramps
- Persistent headache that won't go away
- Chest pain or tightness
- Trouble breathing or shortness of breath
- Thoughts of harming yourself or baby
- "Baby Blues" that doesn't go away, or extreme sadness, hopelessness, or worry
- Seizures

POSTPARTUM Recovery Tips

- Ice perineum every hour for first 24 hrs
- Take a warm sitz bath for 20 minutes
- Gently clean the c-section incision site with soap and water once a day. Dry completely
- Take Acetaminophen or Ibuprofen for aches and pains
- Stay regular with fiber rich foods and consider a gentle stool softener
- Do kegels daily. Aim for 3 sets of 20
- Keep moving, though limit exercise in the first few weeks
- Use a warm compress or nipple cream for sore breasts



THE 5-5-5 RULE

Postpartum Recovery

Rest can be an essential component of your postpartum journey, and the 5-5-5 rule helps you to make rest a priority. This rule suggests spending the first 5 days in bed, the next 5 days on the bed, and the final 5 days near the bed. While this may not be feasible for some homes and postpartum situations such as c-section deliveries that require more movement following birth to prevent clotting, rest should be a priority after all births. Allow this rule to guide you towards a smooth recovery and foster a strong bond with your newborn.

5

DAYS *In* THE BED

Use this time to stay in bed, resting as much as possible, and getting up when necessary. Take advantage of this time to accept help from your partner and support unit, while focusing on skin-to-skin with baby, responsive feeding, and bonding with your baby.

DAYS *On* THE BED

During these 5 days, begin to sit up and enjoy light activity on your bed such as reading to your baby, or doing diaper changes. Continue to do responsive feeding and skin to skin, as this releases oxytocin hormones and increases your bond with baby.

5

5

DAYS *near* THE BED

Use this time to begin moving around your bed, such as walking around and singing baby a song or folding laundry. You may even venture out to other areas of your home, but try to limit standing to no more than 30 mins. at a time. Remember to get back to bed for resting as needed.



BENEFITS OF DOULA SUPPORT

more rest

Increased support means more opportunities to catch up on naps–and help to build healthy and sustainable sleep routines for baby.

easier recovery

Access to expert guidance and up-to-date information on everything to do with postpartum recovery helps you heal faster and more easily.

increased confidence

Parents with professional support in the postpartum period report feeling more confident and less anxious with their new baby.

improved mental health

Postpartum professionals are trained to help you recognize and address red flags in your mental health, including postpartum depression and anxiety disorders.

happier parents

More parents report being happier with their postpartum adjustment when they have secure and continuous support from a postpartum doula.

breastfeeding success

Parents that choose to breastfeed are significantly more likely to meet their breastfeeding goals when they have help to address early problems.



what to expect

1

UNBIASED SUPPORT

A postpartum doula provides non-judgmental, unbiased support, ensuring you feel respected and understood in your parenting choices. Their guidance is based on your needs and preferences, not on personal opinions or societal expectations.

2

EMOTIONAL WELLBEING

Having a postpartum doula can significantly improve your emotional well-being by offering a compassionate ear and reassurance during the challenging postpartum period. Their support helps reduce feelings of anxiety, isolation, and overwhelm.

3

UP-TO-DATE INFO

Postpartum doulas are trained professionals who stay current with the latest research and best practices in newborn care, breastfeeding, and postpartum recovery. This ensures you receive accurate and reliable information to make informed decisions.

4

ENHANCED CONFIDENCCE

With the guidance and assistance of a postpartum doula, you gain confidence in your parenting abilities. They empower you with knowledge and hands-on support, making you feel more capable and secure in caring for your newborn.

5

PERSONALIZED CARE

Postpartum doulas tailor their support to meet your specific needs and preferences. Whether it's newborn care, breastfeeding help, or household tasks, their flexible approach ensures you receive personalized and effective care.

6

A SMOOTHER TRANSITION

A postpartum doula helps facilitate a smoother transition to life with a new baby by providing practical support and resources. Their presence allows you to focus on bonding with your baby and adjusting to your new family dynamics with less stress.



what's included

prenatal planning	postpartum care	unlimited access
• One complimentary consultation to learn more about postpartum support • One prenatal session to discuss postpartum recovery, planning, and doula support • Postpartum resources and reading materials to help prepare for baby	• In-home support starting as soon as you're home (or as soon as you're ready) • Hands-on guidance and education for infant care, feeding, sleep, recovery, mental health, and more • Light housework and help with meal prep, laundry, sibling care, and more	• Unlimited phone and text support in between our scheduled visits • Real-time answers to questions as you have them • Ongoing reassurance and support • Info, education, resources, and links for each stage of your recovery and baby's development



LET'S GET started

1 COMPLIMENTARY CONSULTATION

Let's get together to discuss your pregnancy so far, your thoughts, worries, and goals for your postpartum period, and how doula support works. This is a great time to get to know each other to see if we're a good fit!

2 SELECT YOUR SUPPORT PACKAGE

Take a look through your information package and decide on what support package works for you. Your completed contract and your retainer are required in order to confirm your services with me.

3 YOUR SUPPORT BEGINS

Once the paperwork is taken care of, your support begins! Get in touch with me whenever you'd like to give me an update. I'll get in touch with you every so often to check in, too!

4 PRENATAL APPOINTMENTS

You may wish to use some of our hours together while you're still pregnant to talk about what to expect in the early weeks and make a plan for your own postpartum recovery!

5 POSTPARTUM SUPPORT

Whenever you're ready, we'll begin our visits together. We'll talk about recovery, the adjustment to parenthood, your mental health, feeding and baby care, and I'll make sure you're taken care of, too.

6 COMMUNITY CONNECTIONS

After the craziness of the first few weeks, I'll help you navigate getting back to your lifestyle with tips and help to get out of the house, and connections to help you find your new community in parenting.



FREQUENTLY ASKED QUESTIONS

WHAT IS A POSTPARTUM DOULA? DO I REALLY NEED ONE?

A postpartum doula is someone who tends to the informational, emotional, and physical needs of a postpartum parent and family. Postpartum doulas are expertly trained in postpartum recovery, breastfeeding, infant care, family changes, and providing non-judgmental and evidence-based support to your entire family. A postpartum doula helps you learn how to care for your new baby and how to navigate changing family dynamics, and does everything possible to ensure that you have the space to bond with your baby. They can assist with light housework, childcare, meal preparation, and will help to make sure you are well rested and nourished.

WHATS THE DIFFERENCE BETWEEN A NANNY, BABY NURSE, AND DOULA?

While a nanny or baby nurse cares only for your baby, a postpartum doula cares for both parents and baby in the tender and often difficult time following birth. This means that along with helping you become the best parents for your baby, your doula is also knowledgeable about a parent's unique needs and anxieties in the postpartum period and is able to facilitate a smooth emotional and physical transition to parenthood. Postpartum doulas are trained in newborn care and provide the help or encouragement you need to learn critical parenting skills.

MY MOM WILL BE AROUND TO HELP- ISN'T THAT THE SAME THING?

Many families are fortunate enough to receive countless offers of help or support from friends, family members, or anyone else eager to get some time with baby! While this support is amazing, it's not the same kind that you'll receive from a postpartum doula. It doesn't take long for most new parents to realize that while they know they need help, it's not quite clear to them what kind of help they would most benefit from. Postpartum doulas understand what new parents are going through and can often be the first to anticipate a family's needs and potential issues. Because postpartum

doulas are trained in evidence-based information, you can be assured that the advice and guidance you receive are up-to-date and in line with infant care standards and safe parenting practices. Your postpartum doula can also help you organize and maximize the support you do receive from your family and social circle, and help you create and maintain healthy boundaries with your helpers for a more peaceful postpartum.

WHAT DOES A DOULA DO- AND NOT DO?

Postpartum doulas are skilled and knowledgeable about the care and development of newborns as well as a parent's physical and emotional recovery and adjustment to parenthood. We provide non-judgmental guidance on newborn care and feeding, assist parents with their recovery, care for baby so parents can care for themselves, help older siblings make a healthy adjustment, maintain family routines and rhythms, and provide practical household assistance. We can care for your children while you shower, nap, or have a moment to yourself. Your doula can also help prepare family meals, fold your laundry, play with your older children, and provide light housework.

Postpartum doulas don't do things like provide medical care, administer medication, or advise parents on any medical or clinical topics. Instead, postpartum doulas provide the information, resources, and support that parents need to make the best decision for their family. Postpartum doulas also don't provide primary childcare or take over parenting for you. Instead, we'll help you find the tools, techniques, and mindsets that you need to feel successful and positive in your parenting journey.

WHAT TYPES OF TASKS DOES A POSTPARTUM DOULA DO?

A postpartum doula can assist with newborn care (like diaper changes and soothing techniques), breastfeeding support, light housework, meal preparation, and providing resources for parenting questions. They also offer emotional support and companionship during the transition to parenthood.

HOW CAN A POSTPARTUM DOULA SUPPORT MY MENTAL HEALTH?

A postpartum doula provides emotional support, listens to your concerns, and offers reassurance. They can help identify signs of postpartum depression or anxiety and connect you with appropriate mental health resources. The presence and support of a trained, knowledgeable, and compassionate postpartum doula can significantly reduce feelings of isolation and overwhelm.

WHAT IF MY PARENTING CHOICES DON'T ALIGN WITH MY DOULA'S?

Doulas support ALL parents. Doulas do not have any personal agendas and offer non-judgmental support. A doula's job is to help you make choices that are right for you - what those choices end up being are not important, so long as they are yours. Doulas are trained to support all kinds of parenting choices, including how you feed your baby, where your baby sleeps, how you respond to them, and more. Our job is to support you- no matter what!



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