

The Bon Bébé
DOULA

POSTPARTUM DOULA

SERVICES AND INFORMATION



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Welcome

Thanks so much for meeting with me today! It was such a pleasure to chat, get to know you, and discuss your goals for your family. I really appreciate your time! I hope I was able to answer all of your questions during our meeting. Please feel free to contact us via phone, email, or text with any further questions, concerns, or topics you'd like to discuss. I am here for you!

After today's meeting, I will reserve a space for you on my calendar for seven days. After seven days, if I have not received your response, I will release the space being held for other potential clients. Please take a look through this document to review my postpartum support packages, additional services, and to review the postpartum support contract.

I look forward to working with you and to getting to know you over the next several weeks and months. It is my goal to help you experience the amazing transition to parenting your new baby as fully as possible. My commitment to you is to provide you and your growing family with the best care and support possible, helping you to approach this time feeling confident, informed, and surrounded with care, love, and respect.

Warmly,

Melissa x

The Bon Bébé DOULA

phone: 410.707.6765
email: thebonbebedoula@gmail.com
website: www.thebonbebedoula.com
social: @thebonbebedoula



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.



A VISIT FROM YOUR Postpartum Doula

Your doula arrives for a visit on a day you're home alone with your three-week old. It's 11am, but you haven't even had breakfast yet because your baby is so fussy. It was a long night with little sleep, and you're exhausted and frazzled. Your doula prepares a snack and a fresh cup of coffee while you finish your baby's feed.

Your doula holds your baby while you finally have something to eat. She checks in with you about how you're feeling, answers your questions about your baby, and provides a much-needed adult conversation. It feels good to vent your frustrations about last night to someone that really gets it- and who doesn't tell you to "enjoy every minute".

After showing you how to get the perfect swaddle, your doula freshens your bed and tucks you in for a much-needed nap. There's nothing quite like the feeling of clean sheets and your baby sleeping peacefully with someone you trust! While you sleep, your doula's main priority is your baby. Once they are settled, your doula tidies your kitchen, folds the laundry, and preps your dinner. She knows you won't have time for this later!

After your nap, your doula helps you with a feeding and gives you some tips to make the next one a little easier. While you feed your baby, you talk with your doula about the changes in your relationship with your partner and how you can reconnect with them.

At the end of your visit, your doula slips out the door (and takes the bag of dirty diapers with her), promising to check in over text tomorrow morning. You feel relaxed and confident, knowing that even while you're taking care of this new person, someone is taking care of you!



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.



The Bon Bébé DOULA

POSTPARTUM SUPPORT PACKAGES

pricing guide

POSTPARTUM DAYLIGHT SUPPORT

(4-Hours per day)

The Bon Bébé Doula will help with:

- Providing infant care education
- breast and bottle feeding support
- Care for infant so parents can take a break, nap, shower, etc
- diaper changes
- Bottle-washing,
- laundry
- light meal prep/cooking

Starting at $1080 for 6-Days.

OVERNIGHT NEWBORN CARE

(10-Hours per night)

The Bon Bébé Doula will help with:

- evening bath and bedtime routine
- breast and bottle feeding support
- pumping education and tips
- newborn sleep education for healthy sleep
- diaper changes
- soothing back to sleep

Starting at $2400 for 5-nights.

POSTPARTUM CONCIERGE PACKAGE

(114-Hours over 16 days)

The Bon Bébé Doula will help with:

- Eight nights of 10hr overnight care
- Eight days of 4hr daytime care
- Newborn Massage Instruction
- 2hr breastfeeding consultation with an IBCLC

Starting at $4950.

Payment Information

A $350 retainer fee is required to secure my services and to reserve your due date on my calendar. The balance of your payment is due by 1st session

Payment plans are available upon request; please contact me for more information!

Payment can be made via cash, Venmo, or credit card (Subject to 3% fee).



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!