

What Is a Postpartum Doula?

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

Today, it is used to refer to a trained and experienced professional who provides **continuous physical, emotional and informational support** to a mother (and her partner if she has one) during the postpartum period.

A Postpartum Doula offers practical support to new parents as they settle into their new routine and adjust to life with their newborn.

A Doula is not "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.**

Let's Chat!

I would love to know how I can help you achieve your ideal pregnancy, birth and postpartum experience!



*Kendra Lonon,
Certified Holistic Doula*

If Doulas were a drug, it would be unethical not to use them.

- Dr. John H. Kennell

Learn More about Postpartum Doulas!

<https://evidencebasedbirth.com/the-evidence-for-doulas/>



The Postpartum Doula Difference

How a Postpartum Doula supports your pregnancy, and postpartum period



Pillars of Postpartum Doula Support

Informational Support

Avoid Google - Ask Your Doula!

I can help keep you and your partner informed through your recovery and each milestone of your newborn's development. I 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.

Emotional Support

Your Emotions and Fears Deserve Attention!

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 the baby arrives. Debriefing after birth is another way a postpartum Doula can support you emotionally.

Physical Support

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
- Feeding/changing station stock up

Anything you need to help the transition home and into new parenthood easier, a postpartum Doula can assist you with.

Postpartum Doulas and Partners

As your Doula, it is NOT my job to replace your partner (unless you are without one)

My job is to educate, emotionally, and physically support partners to empower them to be active and confident parents as well as helpful in the recovery process..



How does a Postpartum Doula Support a Partner?

- 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 mother's recovery in the postpartum period.

How Postpartum Doulas Make a Difference

The benefits of hiring a postpartum Doula include the following:

- 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

Things To Consider When Hiring a Postpartum Doula

- Training
- Experience
- Availability
- Services
- Conversational Compatibility
- Fees
- General Instincts about this Doula