

POSTPARTUM DOULA

"A doula's presence reminds us that parenthood is not meant to be done alone; it's a journey supported by compassion, care, and connection."

WHAT IS A POSTPARTUM DOULA?

A postpartum doula is a caring and knowledgeable professional who provides non-medical physical, emotional, and informational support to families during the postpartum period, which typically spans the first few months after childbirth. The goal of a postpartum doula is to help parents feel more confident and supported as they adjust to life with a new baby, offering gentle guidance, reassurance, and practical help to ensure the well-being of the whole family.

Postpartum doulas are a comforting presence for new parents, helping to ease the transition and lighten the challenges often associated with this special yet demanding time. They offer personalized care tailored to each family's unique needs and preferences.

WHY HIRE A POSTPARTUM DOULA?

A postpartum doula brings warmth, understanding, and expertise during a time that can feel overwhelming. Whether it's supporting feeding efforts, answering questions about newborn care, or simply giving parents a chance to recharge, a postpartum doula ensures the family is nurtured and cared for. With this extra help, parents can focus on bonding with their baby and building confidence in their parenting journey.



Written in collaboration with Ashley Inclima

Ashley Inclima is a Certified Grief Educator, doula, and founder of Tides of Life Doula & Perinatal Bereavement Services LLC. With over a decade of experience working in women's health, Ashley is passionate about providing compassionate, personalized care. Her background includes extensive training in perinatal bereavement and postpartum recovery. She also provides education and consulting on perinatal loss for doulas and healthcare professionals, equipping them with the tools and knowledge to better support families during challenging times.



SERVICES PROVIDED

<p>Emotional Support:</p>	<ul style="list-style-type: none"> • Active listening and compassionate guidance • Reassurance for parents as they embrace their new roles
<p>Infant Care Education:</p>	<ul style="list-style-type: none"> • Support with feeding (breastfeeding, bottle feeding, or pumping) • Teaching soothing techniques and newborn care
<p>Practical Household Support:</p>	<ul style="list-style-type: none"> • Light housekeeping, such as dishwashing or tidying up • Meal preparation and snack organization • Sibling care to help older children adjust
<p>Physical Recovery Support:</p>	<ul style="list-style-type: none"> • Tips and techniques to promote postpartum healing • Help managing self-care routines
<p>Community Resource Referrals:</p>	<ul style="list-style-type: none"> • Connecting families to lactation consultants, pediatricians, or support groups • Guidance on mental health resources if needed
<p>Overnight Support:</p>	<ul style="list-style-type: none"> • Some doulas offer overnight assistance, helping with nighttime feedings, diaper changes, and soothing, so parents can get much-needed rest.