

SIX REASONS TO HAVE A POSTPARTUM DOULA AFTER A CESAREAN



SUPPORT NEWBORN FEEDING AT HOME POST-CESAREAN

A postpartum doula is skilled in supporting the nursing dyad and can assist with comfortable positions, latching and establishing nursing stations throughout the home where the new parent can feed their baby comfortably.

KEEP THE FAMILY WELL SUPPLIED WITH MEALS AND SNACKS

A postpartum doula can prepare and serve nourishing meals and snacks while they are on their shift and leave plenty of easy to access foods for parents to enjoy in between the doula visits.



LIGHT HOUSEKEEPING AND LAUNDRY

Having simple tasks taken care of by a postpartum doula who understands the physical & emotional stresses of giving birth by cesarean helps a new family relax and get to know their new baby.

SUPPORT REST AND ALLOW THE NEW PARENTS TO SLEEP

A postpartum doula can change, comfort, and soothe a baby in between feedings so that the new parents can take a nap or sleep during the night assured that their baby is in good hands.



POSTPARTUM DOULAS ARE EXPERTS ON NEWBORN CARE AND BABY WEARING

A postpartum doula is the expert on all these things and can help the new parents to gain confidence and experience in handling and taking care of their newborn.

PROCESS THE BIRTH EXPERIENCE POSTPARTUM

It is not uncommon for there to be many emotions that come up after a cesarean birth, whether planned or unplanned and a postpartum doula can help the family process the experience and make valuable referrals.

