



Postpartum Doula Services

(Serving Orange & LA Counties)

What is a Postpartum Doula?

A Postpartum Doula is a highly-trained, loving professional who provides valuable emotional, physical and educational support to families with new babies. From the moment you bring your sweet newborn home, your doula will be there to help ease the transition to parenthood. They will help build your family's confidence so you can enjoy this new journey and special time in your life.

Our Nurturing, Attentive Doulas Provide

Newborn Care, Support & Guidance:

- Assisting with baby care, diapering, feeding & bathing
- Establishing gentle sleep associations & rhythms for your baby
- Providing best remedies to soothe & calm a fussy baby
- Learning to recognize your baby's cues
- Demonstrating best techniques for baby massage
- Guidance with baby wearing & swaddling
- Caring for multiples & unique situations

Support for Mom:

- Helping with baby so mom can focus on self-care and find balance
- Lactation support to ensure optimal breastfeeding experience
- Nurture and support moms on an emotional & physical level
- Managing the nursery - restock, organizational tips, registry assistance
- Performing basic household tidying & light meal preparation

Support for the Family:

- Comprehensive hands-on infant care
- Empower parents to establish predictable patterns as they adapt to new reality
- Answering parenting questions & providing local resources
- Assimilation of pets and siblings
- Providing expertise to empower the family unit
- Assisting family in hiring & training a nanny



New! In-home Prenatal Services

Before baby arrives spend several hours with our experienced Doulas to boost confidence before entering into parenthood.

- Prepare for homecoming & recovery expectations
 - Create a postpartum support plan
 - Soothe, swaddle & newborn care
 - Breastfeeding Information & support
 - Gift Registry support/baby product discussion
- ...and much more

About our Doulas:

- DONA or CAPPa trained
- Infant & Pediatric CPR Certified
- Background & Reference checked
- Selected to ensure highest standards of ethical care

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