



Most new parents will tell you that navigating through those first few days after bringing home a new baby is anything but easy!

Even for the most experienced parents, bringing home a new baby means changing routines, dividing time and just trying to figure out how to juggle it all.

What is a Postpartum Doula?

A postpartum doula provides evidenced based information on things such as infant feeding, emotional and physical recovery from birth, mother–baby bonding, infant soothing, and basic newborn care.

A postpartum doula is there to help a new family in those first days and weeks after bringing home a new baby. Research shows that moms, dads and babies have an easier time with this transition if a good support team is in place.

What type of services does a Postpartum Doula provide?

The postpartum doula offers many services to her clients, but her main goals are to help “mother the mother”, and nurture the entire family as they transition into life with a newborn. Some of the duties that a postpartum doula will perform include:

- Breastfeeding support
- Help with the emotional and physical recovery after birth
- Light housekeeping so that mom does not feel so overwhelmed
- Running errands
- Assistance with newborn care such as diapering, bathing, feeding and comforting
- Light meal preparation
- Sibling care
- Referrals to local resources such as parenting classes, pediatricians, lactation support and support groups

How do I find a Postpartum Doula?

Postpartum doulas have been around for quite awhile, but have just recently become more popular in Tyendinaga!!

To Register For A Postpartum Doula:

Please contact: **Julie Brant at the Community Wellbeing Centre 613-967-0122 ext 149 for more information and to register for a postpartum doula.**

Availability:

You can [register](#) for a doula at anytime during your pregnancy or after the birth of your baby. Please be advised that services are subject to availability of staff.