

## **Postpartum Mother/Baby/Family Care Basics**

### Overview of the Role of the Postpartum Doula

- Postpartum mother/baby care
- A Postpartum Doula Guide
- Postpartum Planning Guide for Parents

### Normal Recovery & Healing after Birth

- Normal changes in the postpartum body
- Comfort measures for healing the mother
- Pelvic floor exercises
- Abdominal toning
- Breastfeeding and maternal nutrition

### Care of the Newborn

- Newborn care basics
- Variations and common concerns
- Babywearing basics
- The NICU (Neonatal Intensive Care Unit) experience and support strategies

### Postpartum Mood Disorders

- Risk factors
- Overview of the disorders and accompanying symptoms
- Differentiating between baby blues, a postpartum mood disorder, and postpartum psychosis
- Screening tools and communication strategies
- Doula support strategies for moms and families who are struggling emotionally