

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

Breastfeeding Basics (to be released November 2021)

- Benefits of breastfeeding
- Basic breast anatomy & physiology
- Impact of the birth experience on breastfeeding
- Benefit of skin-to-skin contact & self-attachment
- How do you know baby is getting enough?
- A review of positioning & latch
- When to refer to a lactation professional or medical care provider

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