

# 6 Reasons to Hire a Postpartum Doula

## First Baby

Having your first baby, you may not know what to expect in terms of physical recovery and the emotions you may experience after childbirth or even what to expect from a newborn. Having a nurturing and knowledgeable figure there to help you navigate the early days after giving birth can be very helpful and frankly, quite a relief. A postpartum doula can help you with learning and providing baby care, breastfeeding and early postpartum questions, while also help you get some much needed rest, performing some light housework, staying on top of laundry and preparing healthy meals.

## Not Your First Baby

A postpartum doula can be such a blessing if you have older kids at home. While you might be confident and well versed in breastfeeding and baby care, managing two or more children at once is a learning curve. Having a postpartum doula to help entertain an older sibling or even help with baby care while you pay attention to a sibling for a few minutes can be a way to ease older siblings into the addition of a sibling as well as yourself into this role as a mother to more than one child.

## Twins or Other Multiples

Twins and multiples present their own unique joys and challenges and I understand the unique challenges that having two babies can bring. My goal is to help guide you into a routine that helps you to successfully care for two babies simultaneously.

## Can't Rely on Family for Various Reasons

In history and culturally a new mother was surrounded by the loving support of family after the birth of a child. Many women hope to rely on their family when they have a baby, but sometimes, family is far away, physically unable or are otherwise unavailable. If this is true, a postpartum doula can help you fill the gaps that your family may have been considering.

## Need Some Extra Help

A postpartum doula is someone who can help you fill the gaps. Think of folded laundry, hot meals and no dishes in the sink. You focus on bonding with the baby and allow a doula to make sure that a healthy dinner is served, dishes are done and that last load of laundry is taken care of.

## Overnight Newborn Care

Healthy sleep habits from the beginning are crucial for getting started off on the right foot. We all hear about the chaos of sleep deprivation once a newborn baby joins the family and the rumors are true! Hiring a postpartum doula to care for your baby's needs while you get a full nights sleep to aid in recovery from the birth and establish a healthy milk supply or simply make it through the next day as your best self is a great gift to yourself and your family! Newborns eat often and are not born with the circadian rhythms we might think. Teaching them early on the difference between day and night sleeping will make a world of difference for both you and your baby.