

10 FAQs

1.

Is a doula for me?

A doula is for everyone and anyone who is going to have a baby. More changes occur in the first month after giving birth than at any other time in a woman's life (Sears et al). There is evidence that shows having a doula provides clinical, emotional and physical benefits – check out [this cool graphic](#) which shows the benefits of having doula. Whether it's your first, second or third baby, a doula is for you!

2.

What's the difference between a birthing doula and a postpartum doula?

You can probably guess by the name but a birth doula is a trained professional who guides and supports the mom and the couple through the labor and delivery process. On the other hand, a postpartum doula is a trained professional for mom (and partner) from the moment after baby arrives. There is surely overlap between labor and postpartum which is why postpartum doula still learn about labor but are not experts on pregnancy, labor or delivery.

For clarifications, reach us at (123) 456 7890.

3.

What is the difference between a postpartum doula and a baby nurse?

Baby nurses focus on the baby while postpartum doulas focus on mom. That said, as postpartum doulas we believe in the mamatoto approach, mamatoto, is Swahili for 'motherbaby'. This approach is so integral to the postpartum period and reflects the idea that mother and baby ultimately cannot be separated and are not two separate people, but an interrelated dyad. In addition, did you know that today's 'baby nurse' is not actually a registered nurse? Be careful who you choose to have in your home during this vulnerable time.

4.

When is the right time to hire a postpartum doula?

There is no time like the present. It is never too early to plan ahead. There is so much you cannot plan for in this chapter of life and most is out of your control but hiring a postpartum doula and thinking about your postpartum healing is something that you can and should do. I recommend hiring a postpartum doula anytime after 24 weeks, and ideally no later than 34 weeks. On the other hand, it is never too late to hire a postpartum doula!

5.

How does a postpartum doula interact with my immediate or extended family?

Whatever suits your needs! I am a family person and know that family dynamics can be tough/ important especially at an exciting time like this. I am here to support you and will help in whatever way I can. If you want help setting boundaries and limiting visitors, I am here for you! If you are excited to have your family around and want them there during my visits as well, again, I am here for you!

6.

What does it look like? What can I expect?

After we connect and decide we are a good fit for one another we will sign a contract. Following our sealed deal, our first step is to create a postpartum plan. This 'plan' is more of an outline of items for you to think about and be aware of during the upcoming postpartum period. The plan also provides me with critical information to be your best doula. After that meeting we wait till baby arrives and then begin our package or agreed upon hours.

7.

How do we communicate?

We can communicate however is easiest for you. If we are doing any virtual care zoom is best. In general I am open to email, texting, phone calls or emails.

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8.

What are some items that fall outside of the postpartum doula role?

As shared in the Standard of Practice and Code of Ethics through DONA International, I am aware of my scope of practice and its limitations. I will not medically examine baby or mother and will not provide medical advice or dispense any medications. I will encourage you and help you contact any needed provider.

9.

What COVID-19 precautions am I taking?

With gratitude, I have been fully vaccinated since March 2021. In addition I will be wearing a mask until further notice and will follow the basics of hand washing and clean clothing. I am COVID conscious for the safety of your family and mine.

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Are postpartum doulas covered by insurance?

No, unfortunately the insurance industry is not there yet but organizations like DONA are working to advocate for these types of changes in our healthcare system.