



How to Hire a Postpartum Doula

A simple guide for first-time parents

WHAT IS A POSTPARTUM DOULA & HOW THEY HELP?

A postpartum doula supports your family in the first weeks after your baby arrives. Support can be daytime or overnight. The type of support doulas provide can differ by doula but below are some things

They can help with:

- Overnight newborn care of sleep
- Support of feeding: breastfeeding, pumping and formula
- Newborn care, sharing resources and answering new parent questions
- Meal and snack prep
- Baby Laundry, organization of baby gear
- Freeze pumped milk, wash pump parts and bottles

WHERE TO FIND A POSTPARTUM DOULA

Doulas often book up months in advance so begin looking at about 15 weeks if you know you want to hire a doula (but finding a doula after birth is also possible)

- Search on doulamatch.net or www.dona.org
- Ask in a local Facebook or moms groups
- Ask friends who've hired one
- Ask your OB or Midwife





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QUESTIONS TO ASK A POTENTIAL DOULA

- What type of postpartum support do you offer (daytime, overnight, or both)?
- What tasks do you generally handle during a shift?
- If I plan to breastfeed, what lactation experience do you have?
- If I plan to breastfeed, what lactation experience do you have?
- Ask questions specific to your situation: twins, health conditions for mom or baby.
- Are you certified in CPR and first aid?
- Do you carry liability insurance?
- How much do you charge?
- How do we pay you? (venmo, cash, etc)

HOW TO CHOOSE THE RIGHT FIT FOR YOUR FAMILY

- You should feel calmer and supported after talking with them
- Their experience should match your needs (feeding, overnight support, multiples, etc.)
- Comfort and trust matter as this person will be in your home during a sensitive time





*BEFORE your baby is born is the best time to learn how to...
Get Sleep and Feeding Off to a
Smooth Start (from day one)*

Thank you! This gives me a great place to start as a first time mom.



Your class made me be such a calm and informed first time mom. I felt like when the baby was born I had such a good foundation from your course.



Very helpful, thank you for this information and the resources!



Breastfeeding Mini Class

FREE CLASS FOR MOMS-TO-BE

Discover Why Building Milk Supply Starts *10 Weeks Before Your Due Date*

A free class for pregnant women who are planning to breastfeed (and have heard one too many stories about pain and supply issues)

SAVE MY SEAT

Free Newborn Prep Class - Pick the time that works for you

FREE BONUS

Get my Doula Must-Haves List (baby gear doulas swear by) and Pediatrician Q&A — FREE during the class!

To register: www.newparentsacademy.com/free



Valerie Trumbower PCD, CLC

Valerie is a postpartum doula, certified lactation counselor and mom of 3 (including identical twins). Her adoption specific resources have helped thousands of hopeful adoptive parents prepare for life with a newborn! For all things baby follow her on Instagram [@newparentsacademy](https://www.instagram.com/newparentsacademy)

