



Frequently Asked Questions

1 What does a postpartum doula actually do?

I provide hands-on, heart-centered support after birth — for you, your baby, and your family.

That includes:

- Emotional care + check-ins
- Physical recovery support (vaginal or belly birth)
- Newborn care guidance
- Feeding support (chest/bottle/pump)
- Meal prep, light tidying, errands
- Sleep routines + realistic rest planning
- Partner support + family dynamic help

Basically? I'm your real-life "How To Survive This" guide.

2 I'm not a first-time parent — do I still need support?

Yes. Every postpartum is different.

You might need help juggling older kids, healing from a different kind of birth, or just someone to talk to who won't say, "But you've done this before!"

Even veteran parents need to be cared for.

3 Do you offer overnight or extended hours?

At this time, I offer daytime support — usually in 3- or 4-hour shifts.

I'm happy to talk about custom hours if you have specific needs, and I can also refer to trusted overnight support if needed.

4 What's the difference between you and a nanny or night nurse?

A nanny focuses on baby. A postpartum doula focuses on you, the parent(s), and your whole home ecosystem.

I don't just feed or hold your baby — I support your healing, answer your questions, make sure you eat, and help your family adjust in a way that feels calm and connected.





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5 How soon can postpartum support start?

As soon as you're ready.

Some families want care starting Day 2 or 3 at home. Others wait until baby's a few weeks old. You can book in advance to hold your spot, then we adjust timing as needed.

6 Will you judge my messy house or unfinished baby room?

Not a chance. I'm not coming to inspect your life — I'm coming to help you live it.

There's no shame here. Just support.

7 What if I cry the whole time you're here?

Then that's exactly what needed to happen.

I'll hold space, bring tissues, and make you a snack. You don't need to be "together" for me to show up for you.

8 Can you help me figure out sleep and feeding without sleep training or pressure?

Yes — I support gentle, responsive care, and we can talk through:

- What's normal
- What's working or not working for your family
- How to shift things without pushing you (or baby) past your limits

9 Will you notice if I'm not doing okay — even if I try to hide it?

Yes — and you won't have to hide it with me.

Postpartum can bring up unexpected emotions, grief, anxiety, and even rage. I'm here for the messy stuff, not just the milestones.

And if I ever notice signs that you might need more support, I'll bring it up with care and help you connect with professionals who specialize in perinatal mental health.

You're not broken. You're human. And you're not alone.

