



DOULAS AT YOUR DOORSTEP

Here at **Doulas At Your Doorstep**, our primary focus is to take care of mom. We provide the following services:

- ✓ **Emotional support, coaching, listening**
 - Are you feeling overwhelmed by the many demands of a newborn, or perhaps you need to process your birth story? Whatever you're feeling, we're here to listen.
- ✓ **Breastfeeding Support**
 - Breastfeeding can be challenging at times. Discovering which position works best, when to "burp" baby, or dealing with engorged breasts. We can help!
- ✓ **Meal Preparation**
 - We're often so focused on taking care of baby that we forget to nourish ourselves. We can help by preparing nourishing meals for you.
- ✓ **Infant Care**
 - There's so much to know about newborn care that it can feel overwhelming at times. We can share skills about bathing, changing diapers, soothing baby, etc.
- ✓ **Time Alone**
 - Are you needing some time to recoup, catch your breath or feel more balanced? We can hold your baby while you take a shower/bath, take a much needed nap or we can play with your older child(ren).
- ✓ **Resources & Education**
 - Do you have questions about your newborn and postpartum recovery? We can provide resources about Drop-in Services and give contact information about local service providers.

Doulas are NOT prepared to do the following:

- Provide counselling, give medical advice or give physical care or wellness advice that falls outside of the [Doula Code of Ethics](#).

WE'RE SO HAPPY TO SUPPORT YOU DURING THIS PRECIOUS TIME. FOR MORE INFORMATION ABOUT OUR DOULAS AND SERVICES, PLEASE VISIT:

<https://www.saltspingdoulas.ca/>