

How you can help a new Mumma

HELPFUL

- Time to settle in at home
- Asking if she needs anything, ie *shower *nap * fresh air * chores
- Tell her you will bring snacks
- Limit visits to 30 mins
- Fill her water bottle
- Make the tea/coffee
- Organise a meal train
- Cook a meal or easy snacks
- Listening and enjoying the "space"
- Check their vaccination rules
- Sanitising your hands
- Asking how she is
- Bringing her a pamper gift
- Hire a cleaner
- Encouragement
- Allow her to debrief on her birth
- Dont try "out-do" her birth story
- Wait to be offered baby cuddles
- Organise a postpartum doula!

UNHELPFUL

- DEEP conversations
- Offloading your problems
- Bringing a toddler to visit
- Diagnosing her baby
- Unsolicited advice
- "Popping in"
- Visiting when sick
- Negative comments
- Leaving your mess
- Talking loudly
- Not engaging/on mobile phone
- Wearing strong perfume
- No Comparing. All babies develop at different rates.

R E S O U R C E S

BREASTFEEDING

Australian Breastfeeding Assoc.

<https://www.breastfeeding.asn.au>

Breastfeeding and Nappies

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/10/mothers_breastfeeding_checklist.pdf

HEALTH DIRECT VIDEO CALLS

<https://about.healthdirect.gov.au/video-call>

SLEEP

<https://babysleepconsultant.co/en-au>

<https://education.possumonline.com/programs/sleep-program>

<https://lyndseyhookway.com>

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