



PERTH DOULA SERVICES
A Labour of Love



Postnatal Sanctuary Guide

We spend a lot of time planning for birth. But what about early postpartum? Learn to support your physical, mental and emotional early postpartum journey by gathering your village (you'll need it!), preparing your space and finding services that will physically and emotionally nourish you.

Contemporary Western culture has lost much of the ritual around early postpartum. Rather than unburdening mothers of their day-to-day responsibilities and creating space for rest and nourishment, we often focus on 'bouncing back' and trying to continue as we were before.

But what if I told you that taking time to rest, recuperate and nourish yourself is an investment in your mental, physical and emotional health that will reap both short and long-term health benefits?

Many non-western cultures use confinement periods for new mothers to rest, eat nourishing foods and access emotional support. Confinement periods look different across cultures. Ultimately, each of these cultures knows that overexertion in postpartum can have serious physical consequences and they understand the mental and emotional toll that sleep deprivation takes on a woman. By looking after the mother at this critical time

they not only help her short-term recovery and mental health but gift her long-term health benefits too.

Preparing your contemporary village, creating your own modern confinement period and understanding what your physical, mental and emotional needs might look like postpartum will help you have a powerful and memorable early postpartum period in line with your values.

About this guide

This guide gives you some simple offerings to help you prepare for early postpartum. If you find yourself in need of further support and guidance (you're not alone in needing it!) I provide postnatal support in home or via zoom call.

Additional postpartum support services



Menu of Offerings



PRICES SUBJECT TO TIME & SERVICE REQ.

POSTPARTUM

- REVISITING YOUR BIRTH JOURNEY
- BREAST/BOTTLE FEEDING SUPPORT
- NEWBORN EDUCATION
- LIGHT DOMESTIC DUTIES
- MASSAGE
- EMOTIONAL/PHYSICAL SUPPORT
- NEWBORN CUDDLES!
- NEWBORN CARE
- ASSISTANCE WITH REFERRALS
- SIBLING SUPPORT
- EXERCISE PROGRAMME
- SNACKS/MEALS



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Gift Certificate

DOULA SERVICES

TO :

AMOUNT : VALID UNTIL :

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Setting up your space for you and your baby

Don't underestimate how important rest is to your recovery, there's plenty of time to introduce your babe to the world. Try not to feel the weight of others' expectations. Limit visitors to those you truly feel comfortable with – close friends, close family and those supporting you.

Create a quiet, peaceful space that feels like a refuge and feels good to you. Often this will be your bedroom. Having everything within easy reach means you can stay in your sanctuary to rest and connect with your baby.

Ideas for your space and healing, take what feels right for you, leave what doesn't:

Item	How it can help you in early postpartum	
Cosy, supportive pillows	Support your body when breastfeeding. Supports your body post-birth. Pop a pillow vertically, parallel to your spine when sitting to feed on a chair so your back is more straight and supported. Whilst sleeping sleep with a pillow from knees to ankles to stack and support hips if you sleep side lying.	
Cosy blankets, & fresh sheets for you	Depending on the season, but we all know how lovely a cosy blanket is in winter, or how good fresh sheets feel to snuggle into.	
Safe sleeping space for baby	This is in line with your values and research, but having baby close to you in your bed, a co-sleeper cot, baby nest or bassinet will help you bond and limit how much you need to get in and out of bed (with the weight addition of your babe).	
 <u>A large water bottle with a straw</u>	Water is essential postpartum. It enables you to have softer poos (which the pelvic floor NEEDS and loves postpartum), helps to get rid of fluid, and gives you what you need if you're making milk. Do let yourself feel thirsty in postpartum. <u>Having a large water bottle to continue to sip from</u> will keep you hydrated and support early recovery and breastfeeding.	
 <u>Warm, lactation-supporting drinks</u>	Keeps your body warm and supports breastfeeding.	
 <u>Nipple butter</u>	It Soothes cracked nipples and can also be used as a nappy rash cream for baby	
 <u>Silverettes</u>	These will protect and heal your nipples. They are my number one must-have item. Cracked nipples will heal almost overnight. They will help you so much in those early weeks of breastfeeding. Please note if you are using them, you will not need any other nipple creams or butters.	
 <u>Cold and hot breast packs</u>	Can help with engorgement and blocked milk ducts	
An eye mask	To help you rest and centre yourself when you can	
Comfortable, loose clothing	Easy for breastfeeding, but also keeps you comfortable in your epic early postpartum body	

 <p>Essential oil diffuser and peaceful oils</p>	<p>Create a calm, relaxing environment for you and your baby</p>	
<p>Spare clothes for baby</p>	<p>Keep lots of little comfortable outfits close by - babies can need lots of changes</p>	
<p>Muslin cloths for swaddles and burping</p>	<p>Can help to soothe babies for sleep and can be used to clean up little messes or for over your shoulder when burping.</p> <hr/>	
<p>Towels and wipes</p>	<p>For cleaning up spills and other bodily fluids</p>	
<p>Baby nappies</p>	<p>Keep them within arms reach</p>	
<p>A change mat</p>	<p>That can be used on your bed to change nappies, again helping to reduce how much you get in and out of bed</p>	
 <p>Lactation cookies and energising snacks such as bliss balls</p>	<p>Keep a stash close by. You'll be hungry and want to be reaching for foods that support your energy and early breastfeeding. As me to make you some - they are delish!</p>	
 <p>Reusable breast pads</p>	<p>When you're milk comes in, you'll need these to avoid milk-soaked clothing and even more washing</p>	
 <p>Hakaa silicone milk collector</p>	<p>Catch that liquid gold whilst you breastfeed so you can pop it in the freezer for later</p>	
 <p>Silicone Breast Pumps</p>	<p>Pump excess milk or help with relieve engorgement. The Made to Milk pump comes with a stopper and cap and is cheaper than other brands.</p>	
 <p>Breast Milk storage bags</p>	<p>100% FDA-approved food-grade silicone to safely store your breast milk.</p>	
 <p>Postpartum pads and adult nappies</p>	<p>Adult nappies are super comfortable for the first week. You'll bleed for up to six weeks, so will need sanitary pads for this time. B's tip: use a pad in the nappy in order to safely monitor your blood loss and not use as many nappies. You'll need to change your pad every one to two hours to prevent infection.</p>	
 <p>Postpartum briefs</p>	<p>To support your tummy and for comfort. You can also insert a warm or cool insert into the brief to help with healing from caesarean or vaginal birth. These are magic and you'll keep using them once you get your period back.</p>	
 <p>Qiara Probiotics</p>	<p>These cross to your breastmilk helping to establish a healthy gut for baby. They also help restore gut health for you, especially if you had to have antibiotics during labour or birth. If you are breastfeeding and your baby is well, these are enough for babe too. If babe is unwell or not breastfeeding, use the infant drops for babe the the pregnancy and breastfeeding for you (take the breastfeeding one even if you aren't breastfeeding, it's double the dose of the adult version).</p>	