

Our Mission

As full-circle doulas, we are your first support system that supports you in reclaiming your human experience. Supporting your requests that best suite your families needs is our priority. We advocate for your medical needs and desires for your designed birth plan for your personal intentions and beliefs. We provide tools & options that are aligned with your families cultural needs. We provide peace of mind.



Postpartum doula support is a valuable investment in the well-being of new families

Our Services Postpartum Doula Support Care Plan

What's Involved with Virtual Birth Doula Support?

Emotional Well-being: Postpartum doulas offer a compassionate and understanding presence, providing emotional support as new parents navigate the challenges and joys of early parenthood. They create a non-judgmental space for parents to express their feelings and concerns.

Practical Assistance: From helping with newborn care and feeding to offering guidance on soothing techniques and sleep strategies, postpartum doulas provide hands-on assistance to ensure a smoother transition into the new family dynamic.

Breastfeeding Support: Postpartum doulas are often trained in breastfeeding support, offering guidance on latching, positioning, and troubleshooting common breastfeeding challenges. They empower parents with knowledge and confidence in their feeding journey.

Household Management: Recognizing the demands on new parents, postpartum doulas assist with light household tasks such as meal preparation, laundry, and tidying up. This allows parents to focus on bonding with their newborn.

Sibling and Family Integration: Postpartum doulas help siblings and extended family members adjust to the new addition, fostering a supportive environment for the entire family. They provide resources and tips for creating a harmonious family dynamic.

Education and Resources: Postpartum doulas offer evidence-based information on postpartum recovery, infant care, and emotional well-being. They equip parents with the knowledge needed to make informed decisions about their family's health and development.

Customized Care Plans: Recognizing that every family's needs are unique, postpartum doulas work with parents to create personalized care plans that address specific concerns and preferences.

Benefits of Postpartum Doula Support:

Reduced Stress: By providing practical assistance and emotional support, postpartum doulas help reduce stress and anxiety commonly associated with the challenges of caring for a newborn.

Enhanced Parental Confidence: Postpartum doulas empower parents by sharing knowledge and teaching essential skills, enhancing their confidence in caring for their newborn.

Smooth Transition: With the guidance of a postpartum doula, families experience a smoother transition into parenthood, fostering a positive and nurturing environment for both parents and their newborn.

24/7 on-call support services from 37-42 weeks

www.oraclecannadoula.com