



contact info: 415.566.2492 info@sfnightdoulas.com

What is the difference between a postpartum doula and a baby nurse?

A postpartum doula's role is to care for the baby and the mother by nurturing the mother and her baby and offering guidance, education and support. The partners and other family members benefit from gentle guidance, instruction and role modeling given by the doula. A baby nurse takes care of the needs of the newborn baby only.

If I am breastfeeding why do I need a night doula?

A mother recovering from childbirth physically and emotionally combined with having responsibility for a newborn, trying to establish breastfeeding the first nights home is eased by the presence of the doula. Breastfeeding classes provide necessary guidance, advice and education for parents but the reality of breastfeeding a newborn can be unique and challenging for each mother. With proper guidance and assistance from an experienced doula the Mom has greater breastfeeding success and can care for her baby with more confidence. A newborn baby eats as often as every two hours and having an extra pair of hands to burp and change during feedings is a huge help. A mom will also get some much needed sleep in between feedings knowing there is someone responsible taking care of her newborn while she gets some uninterrupted sleep.

For some concerns or issues related to lactation and breastfeeding we will suggest you see and speak with your lactation consultant for professional opinion and advice. If you do not have a lactation consultant we make suggestions for consultation with Day One, Newborn Connections, Natural Resources, and we also have names of consultants who can come to your home if you prefer.



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How does the doula benefit the Dad or partners?

It is natural for dads or partners to feel insecure with a newborn and sometimes dealing with some of the unknowns can be a little overwhelming. The doula can give some gentle guidance and reassurance and relieve them of some of that responsibility until they feel confident.

Dads or partners who must often return to work soon after their child's birth, can take comfort that their wife or partner is in good hands and does not have to face the challenges of those crucial first weeks alone. When the doula relieves the partners from their overnight responsibilities, they can get a full night's sleep to better tackle the many demands their day and the postpartum period thus allowing less sleep-deprived quality time to comfort and nurture their new family.

How many nights can a night doula come?

As a co-op we can work 7 nights a week. Usually two doulas work with a family if they require 7 nights coverage. For anything less one or two doulas will work with a family. Having a co-op of doulas working together allows us a lot of flexibility so we can better accommodate the needs of parents.

What hours can the doula work?

Our hours are 9pm to 7am or 10pm to 6am and we have some flexibility depending on the individual needs of parents and sometimes unpredictable situations.



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How long will the doula stay with a family?

We have a minimum of 4 weeks but we are usually contracted for 6 to 12 weeks.

Will the doula bottle feed the baby at nighttime?

Yes if that is what you want. We do suggest that a Mom who wishes to breastfeed her baby exclusively on breastmilk not to introduce a bottle for the first three weeks. The amount of milk a mother produces for her baby is influenced by the amount of nipple stimulation and milk drained from the breast at each feeding. When breastfeeding is established a mother may begin pumping her milk and allowing the doula to feed the baby during the night. At this time a mom will get some well deserved uninterrupted sleep usually getting up once to pump but going back to sleep after twenty minutes or so. Of course the Mom breastfeeds during the day to keep up a good milk supply for her baby.

On some occasions parents are advised by their pediatrician or lactation consultant to supplement a baby with formula due to the baby being underweight or a mother may have difficulty producing breastmilk. We work with whatever decisions or recommendations your pediatrician or lactation consultant makes. We will support and guide you through these unpredicted situations.

Some women do not breastfeed their babies for personal or medical reasons and we do not question or second guess that decision.

Do doulas help mothers, fathers and partners deal with postpartum depression?

For mothers and families dealing with postpartum depression we provide nurturing care and support and suggest clinicians or support groups if needed.



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Studies show with the help of a postpartum doula the incidents of postpartum depression decreases.

Will the doula help schedule and sleep train our baby?

We can make some suggestions to establish a healthy routine which will eventually help your baby to develop longer sleep stretches through the night. Some babies develop a regular sleep routine quickly where others do not. Most sleep experts will suggest a baby may not be ready to sleep train or be put on a schedule until baby is at least 3 to 6 months.