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How to Decide How Much Postpartum Support You Need!

Here are the factors I like to have families evaluate when deciding how much postpartum doula care they might need:

- How much sleep do you (and your partner, if applicable) need to feel functional during the day?
- What is your current routine like now? Is one of you a night owl and the other an early riser? This may be in your benefit! If both of you are one or the other, how will you split up the parenting responsibilities so each of you can get at least 4 hours of uninterrupted sleep per night?
- What is your mental health history like? If either parent is experiencing or has experienced anxiety, depression or other mood disorders, there should be extra sleep support for the first 3-4 months as there is an increased risk due to fatigue and physical and social transitions for BOTH parents.
- Often times a pregnant person needs 3-4 weeks of recovery in or around the bed, what responsibilities do they have that will need to be covered while they heal?
- What kind of support do you have around you now in regards to family, friends, community and/or paid help? What kind of help is helpful and not helpful?
- Who will be doing the household chores, like grocery shopping, cooking, cleaning, laundry, etc while the birthing person is recovering?

After diving into these questions, you may find a few gaps of support that you will need to find a way to get help for. This is just one of the exercises we cover together in my postpartum prep session. I have found families who do this are much more prepared and when entering postpartum and tend to recover more easily.

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