

Getting a Postpartum Doula

Call Toll-Free
Doulas Care
(866) 845-0003



Call Doulas Care to ask for a postpartum doula. You will be asked where you live, when your baby was born, and if you have any special needs or concerns.

Fees for our postpartum services are based on a sliding fee scale and are determined based income guidelines. For lower income families services are free of charge.

You can call to ask for a postpartum doula anytime within three months of your baby's birth. We will match you with a doula in your area that is qualified for the needs or concerns you've expressed.

We look forward to working with you and your growing family.

Doulas Care

Community-Based Doula Programs

*Nurturing, Educating, and Empowering
Childbearing Families*

Administrative Office located at:

2500 Packard

Suite 101

Ann Arbor, MI 48104

Washtenaw County
734.332.8070

Toll Free
866.845.0003

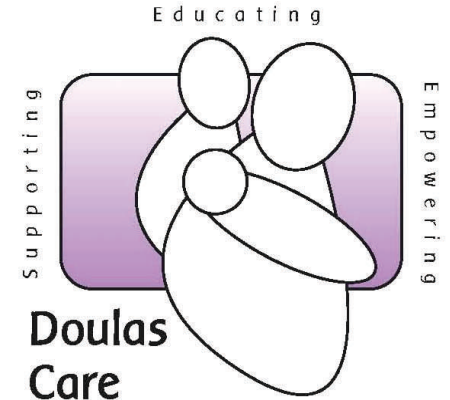
Spanish Speakers
734.478.0045

Program Director
Marylee Scherdt

Email: info@DoulasCare.org
www.DoulasCare.org

Fees for postpartum services are based on a sliding scale.

Doulas Care is a 501(c)(3) non-profit corporation offering services to newly postpartum women and their families. Funding for this program has been provided by March of Dimes, Blue Cross Blue Shield of Michigan, W.K. Kellogg Foundation, James A. and Faith Knight Foundation, Ann Arbor Thrift Shop, The Young Women's Home Association of Detroit, and private donors



Postpartum Program

**Support Services for
New Mothers and Their
Families**

Definition

A Doula is a woman who has been trained to provide special support for women during the childbearing year. There are two types of Doulas: Birth Doulas and Postpartum Doulas.

A Birth Doula provides prenatal support to the pregnant woman and helps her to prepare for the birth of her baby. Birth Doulas also offer one-on-one labor support at the birth, but do not take the place of partners or other family members. The Doula can show them how to help you when you are in labor and help them to be as involved as you want them to be.*

A Postpartum Doula assists the new mother and her family *after* the baby is born and provides education, support and assistance in your home as you welcome your newborn child home and recover from your birth experience.



*Doulas Care does offer a Birth Doula Program. Please call if you are interested.

Program

The **Doulas Care Postpartum Program** matches volunteer doulas with newly postpartum women in counties throughout southeastern Michigan. We focus our services for women who have limited resources or who are in need of extra support because of health concerns for her or her baby.



The doulas typically come from the same community as the women served with some bilingual doulas also being available.

Doulas provide non-medical care including social, emotional, and educational support. Postpartum Doulas provide extended in-home care and support for women following birth. Typical services include 2-3 visits per week lasting about an hour or two per visit for 3-6 weeks. Longer services are available in some situations.

Fees for services are based on a sliding scale and are free to low income families.



Services



After your Baby is Born, Postpartum Doulas:

- Provide education and support to breastfeeding moms and help troubleshoot common problems.
- Provide you with information and referrals to resources in your community.
- Visit you at home to answer questions regarding newborn and infant care skills, maternal recovery, and coping skills.
- If you are feeling overwhelmed, they can help you seek support if you are experiencing Postpartum Depression.
- In addition to mother-baby care, provide concrete household help such as doing a load of laundry, running errands, helping with siblings, or fixing a meal.
- Generally assist you and your family to welcome your newborn as a new member.