

# Continued Care in the Postpartum Period: Support After Baby

Families will often prepare themselves for the birth of their child(ren), but most times the same energy is not invested into the postpartum period. This preparation is just as important as the birth event! Luckily, planning for continued care in the postpartum period does not need to be difficult!

## ***SUPPORT AFTER BABY***

The birth of a baby is exciting for many people, especially the parents and family. However, the initial excitement of family and friends often fades after some time, and with it, the amount of support that parents receive. In many cultures, it is natural and expected for the birthing person to be supported for at least a month after the birth of a baby.

In countries such as Canada and the United States, where independence is revered, that 'village' mentality is not as prominent like it is in collective countries. Although, there has been an increase in awareness and support as more is learned about support people and resources. Postpartum doulas are one type of person!

## ***POSTPARTUM DOULAS CAN...***

- Provide support to families throughout the day and night (including overnights!)
- Provide non-medical care, companionship, and respite
- Teach skills related to newborn care (feeding, changing, bathing, etc.)
- Run errands, complete light housekeeping, cook meals, and give you an opportunity to care for yourself
- Hold space, listen, and debrief about the birth experience
- Connect families to resources for additional care needs

## ***MORE ABOUT POSTPARTUM SUPPORT***

- Some doulas support families beyond the 'fourth trimester,' or the first 3-4 months after the birth of baby.
- Some insurance companies offer coverage for doulas. Check what the requirements are before signing on with a doula, as some insurance companies only cover 'certified' doulas or need specific information such as a business number.
- If finances are tight, some doulas offer their services on a sliding scale, while other doulas offer discounts if they are working toward their certification.
- There are non-profit agencies that offer emergency respite, tangible items, and resources for parents postpartum in need of help.

## ***WHERE TO FIND YOUR DOULA:***

- DoulaMatch: [www.doulamatch.net](http://www.doulamatch.net)
- Calgary Doula Association: [www.calgarydoulas.ca](http://www.calgarydoulas.ca)
- Meet Your Doula events
- Word of mouth (ask your friends and family!)
- Reach out to me 😊

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# POSTPARTUM RESOURCES LIST

\*This is not an exhaustive list. Please add additional resources that you find or work for your family!

## Feeding

**La Leche League** (free breastfeeding support): [www.lllc.ca/lllc-group-listings/AB](http://www.lllc.ca/lllc-group-listings/AB)

**Nourish Lactation consulting** (feeding, doulas, nurses, and specialists): [www.nourishconsulting.net](http://www.nourishconsulting.net)

**NorthernStar Mothers Milk Bank** (donor milk and other resources): [www.northernstarmilkbank.ca/](http://www.northernstarmilkbank.ca/)

**Well Fed Clinic** (assessments, feeding, symptom relief, etc.): [www.wellfedclinic.com](http://www.wellfedclinic.com)

## Sleep

**Melody Patton Sleep Consulting**: [www.mpsleepconsulting.com/](http://www.mpsleepconsulting.com/)

**Phan of Sleep, Sleep Consulting**: [www.phanofsleep.com/](http://www.phanofsleep.com/)

**Doula Match** (search for 'overnight doulas'): [www.doulamatch.net](http://www.doulamatch.net)

## Physical and Mental Health

**Moss Postpartum House** (massage, naturopath, pelvic floor, counselling, acupuncture, etc.): [www.mosspostpartum.ca](http://www.mosspostpartum.ca)

**Healthy Families** (chiropractic and pelvic floor therapy): [www.healthyfamilieschiropractic.ca](http://www.healthyfamilieschiropractic.ca)

**Naturally Balanced Therapy** (prenatal and postpartum care): [www.naturallybalancedtherapy.ca](http://www.naturallybalancedtherapy.ca)

**Families Matter** (free perinatal mental health, education, in home respite): [www.familiesmatter.ca](http://www.familiesmatter.ca)

**Barn Barre** (baby- and child-friendly fitness studio): [www.barnbarre.com](http://www.barnbarre.com)

## Crisis, Emergencies

**Distress Centre** (24/7 crisis support): (403) 266-4357, [www.distresscentre.com](http://www.distresscentre.com)

**Children's Cottage** (emergency respite, mental health support): [www.childrenscottage.ab.ca](http://www.childrenscottage.ab.ca)

**Made by Momma** (hampers, NICU food program, in home respite): [www.madebymomma.org](http://www.madebymomma.org)

**Mamas for Mamas** (karma market, education, mental health support): [www.mamasformamas.org](http://www.mamasformamas.org)

**Ruth's House** (crisis support and education for African parents): [www.ruthshouse.ca](http://www.ruthshouse.ca)

**Emma House** (crisis housing for homeless or at risk mothers): [www.innfromthecold.org/emmahouse](http://www.innfromthecold.org/emmahouse)

**Calgary Food Bank** (emergency food hampers, baby supplies, and pet food): [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com)

## Other resources

**Dragonfly Maternity** (clothes consignment and wellness studio): [www.dragonflymaternity.ca](http://www.dragonflymaternity.ca)

**Knocked Consignment** (clothes consignment and education): [www.knockedconsignment.com](http://www.knockedconsignment.com)

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