

# What is a Postpartum Doula?

A postpartum doula supports a family in the immediate period after a birth with reassurance, practical assistance, and information.

A postpartum doula may carry out any of the following tasks:

- Assistance with breastfeeding
- Preparing feeds and/or bottle feeding a newborn
- Caring for older siblings
- Planning and preparing meals
- Carrying out light household tasks (e.g. washing and ironing, light cleaning)
- Providing overnight support
- Education and information on parenting issues

A postpartum doula is there to support new parents in caring for their newborn and providing them with the care and information they need to navigate their way through the early weeks of parenting.

There are a few things a postpartum doula is not. They are not acting as a nurse or midwife so they do not provide clinical care such as monitoring a baby's growth or administering medication. A postpartum doula is not a nanny who only looks after older children, nor are they a cleaner. The postpartum doula is there to help parents develop and build new skills to enable them to develop confidence in their new role.

Doulas do not make decisions for you, or speak for you. This is your postpartum, your baby, your life! A doula supports you by providing information and explanations you may want about your choices, but it is always you who decides what is best for you.