

Virtual postpartum doula visits

Day 1 check in

- Listen to birth story
- Ask about the first feeding
- Encourage teamwork so everyone can rest
- For cesarean, check in about pain control
- Plan for the next 24 hours



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Day 2 check in

- Going home today?
- Is the car seat ready?
- Pain levels?
- Bleeding concerns?
- How is feeding going?
- Newborn procedures recap
- Do they need swaddling help or instruction?
- Who can drop off dinner?



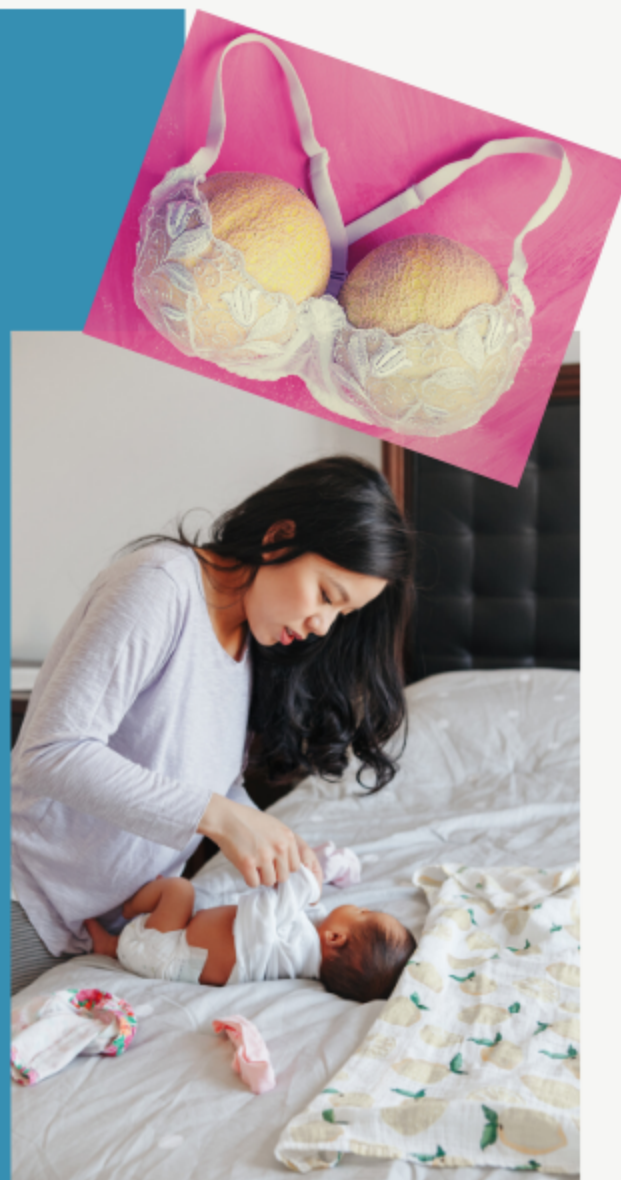
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Day 3 check in

- Breast changes?
- Tell me about your first night home
- Where will baby sleep?
- Bleeding slowing down?
- How many times did baby feed?
- Tips to reduce swelling or pain-how does mom feel today?
- Brainstorm meal planning for parents



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Day 4 check in

- Mature milk arrived?
- How are diapers today?
- Preparing for the Pediatrician visit
- How does the latch feel?
- How does Mom feel?
- Emotions all over the place?
- Normalize the overwhelming changes
- Any chores to outsource?
- Who do they call for support?

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Day 5 check in

- How are they settling in?
- Tell me about the baby's sleep
- Hosted a baby Zoom call yet?
- What do they need most?



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