

PRENATAL PP PLANNING

THE PROCESS & PROTOCOL

For Clients

- They send an email inquiring, I reply with a set of questions and what we do.
- They provide more information about their family, schedule needs and address.
- We set up a virtual meet & greet with their potential Doula, to discuss scheduling and see if you connect.
- Once they decide to move forward, the contract is signed, and their schedule is set...
- A time & date is set for your prenatal postpartum planning session (roughly 2 hrs), which takes place in their home at roughly 37 weeks gestation

For the Team

- You get an email connecting you, and you reply with dates for a quick zoom/phone call
- You then chat your availability, their scheduling needs and see if you connect
- Once you have shifts in WhenIWork, you can reach out to book your PPPP session

TOPICS TO COVER

- Get to know each other, find out who their village is (do they need help being stronger support systems?)
- Expectation setting for you as their PP Doula, your role and how to navigate care (taking charge/task based VS need based/intuitive goals).
- Importance of perspective for healing, nourishment and the 4th trimester
- The danger of the #'s game (in terms of baby feeding and sleeping)
- Newborn normals (feeding, sleep, poo, noises, etc)
- Nourishment and nutrition, meals prep and cooking info gathering
- Diapering and snacking stations, do they have them?
- Check-in on products/house set-up
- Mental health check-in, past history and predisposition for PPA and PPD