

Postpartum Doulas

Written by Julia Jones

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doula.

A good postpartum doula will never tell you what to do, or give you advice or judge you. We just listen and help you tune in to your baby and your body, and make the right decisions for your family.

4. Doula provide information, not opinions.

Sometimes family members or friends bring home out of hand and even unsafe information and opinions about parenting topics like breastfeeding and breastfeeding. A good postpartum doula,

how

your

