MASSHEALTH DOULA COLLECTIVE · DOULA INSTRUCTIONS

Perinatal Visit Guide

8 visits in total: 2 prenatal + 6 postpartum

Birthing gently LLC

Phone, text & email
Ongoing support between visits.

8 perinatal visits
Prenatal and postpartum, by telehealth.

Labor support
Virtual in early labor; in person once active labor begins.

Zoom Free · 40-minute limit · up to 100 participants

Google Meet Free · 60-minute limit · up to 100 participants

Prenatal Visits

2 RECOMMENDED

VISIT 1

1 Building Foundations & Planning

- ○ Welcome and build rapport
- ○ **Collect names and phone numbers for all support people**
- ○ Birth preferences and birth plan overview
- ○ Education: stages of labor, signs of labor, medical procedures
- ○ Comfort measures and coping (breathing, positioning, massage)
- ○ Emotional and physical preparation (relaxation, addressing fears)
- ○ Support person involvement and coordination
- ○ Practical planning (hospital bag, postpartum plan)
- ○ Review medical history and address concerns

VISIT 2

2 Reinforcement & Final Preparations

- ○ Review birth preferences and any updates
- ○ Revisit comfort measures and coping techniques
- ○ Answer final questions and lingering concerns
- ○ Confirm the support plan and how you'll communicate
- ○ Labor logistics and when to go to the birth location
- ○ Postpartum planning and resources
- ○ Emotional support and encouragement

Postpartum Visits

6 RECOMMENDED

1 VISIT 1
Welcome & Initial Check-In

- How the family is feeling and adjusting
- Baby's health and early feeding experiences
- Parent's recovery and emotional well-being
- Set goals for postpartum support

2 VISIT 2
Feeding Support & Baby Care Basics

- Breastfeeding or bottle-feeding troubleshooting
- Diapering, bathing and hygiene routines
- Soothing techniques and sleep cues
- Address early concerns and questions

3 VISIT 3
Self-Care & Recovery

- Physical healing tips and managing discomfort
- Rest and energy management
- Emotional health and postpartum mood
- Nutrition and hydration

4 VISIT 4
Siblings & Family Dynamics

- Involving siblings and family members
- Managing family support and expectations
- Partner involvement and support strategies
- Balancing household tasks

5 VISIT 5
Sleep & Routines

- Developing and adjusting sleep routines
- Safe sleep practices
- Creating manageable daily routines
- Tips for building consistency

6 VISIT 6
Reflection, Resources & Future Planning

- Review postpartum progress
- Address ongoing concerns
- Resources for continued support (lactation, support groups)
- Plan for future needs and check-ins