



**Delighted
to Doula**
Educate. Support. Nurture.

A large, stylized butterfly graphic that fills most of the page. It has purple wings on top, orange wings in the middle, and green wings on the bottom. The body is white and extends from the left edge of the page.

Your Guide to Postpartum Support Services

Why Delighted to Doula?

At Delighted to Doula, we envision a world where **every mom like you receives the care, support, and respect you deserve** during the transformative postpartum period. By focusing on this crucial phase, we aim to safeguard your health and well-being, fostering **healthier families and stronger communities**.

Our Impact

Increase:

Mother/Baby
survival rates

Breastfeeding
rates

Routine postpartum
doctor visits

Decrease:

Postpartum
stress levels

Mortality rates

Hospital care

Insurance costs

Committed to Inclusion

We take immense pride in our commitment to inclusivity, ensuring that our postpartum doula services are accessible and supportive for all families. We believe that every mother and family deserves high-quality care, regardless of their background, ethnicity, or socio-economic status.



How It All Works

Our program offers an anti-bias approach with evidence-based physical and educational postpartum support for mothers like yourself.

We'll educate you on baby care, including understanding baby cues, and provide support for both bottle feeding and breast/chestfeeding. Additionally, we'll assist with your recovery, including sleep strategies for both you and your baby.

We offer up to 6 weeks of at-home visits and up to a full year of virtual support to help you build confidence and support your transition into parenthood. Our services also include preparing light snacks and serving prepared meals, light housekeeping, running errands, doing infant laundry, nutrition guidance for postpartum health, and assisting with your personal self-care and recovery.



Ways We Support



Community-Based Postpartum Doula Program: Receive personalized care to support healing and rest after childbirth.



Wellness Center: Grab some R&R while our postpartum doula team tenderly comforts your bundle of joy.



Supply & Delivery Services: Receive the essentials needed to support your postpartum recovery and your baby's well-being.



Lactation Services: Start breastfeeding off on the right track with expert assistance.



Motherhood Huddle Club: Experience a supportive, judgment-free environment where you and other moms can rely on each other for mutual support.



Parenting Class: Prepare for motherhood by learning about postpartum care, baby care, feeding, sleep, mental health, and adaptation to motherhood



Personalized Support Plans: Receive assistance focusing on your physical recovery, mental health, and adaptation to motherhood.

The Value of Postpartum Doula Support



Maternal Health Services: Offers comprehensive health screenings to keep you alive and well, while addressing any health concerns.



Decrease in Postpartum Depression: Significantly reduces the risk of postpartum depression by fostering a supportive and nurturing environment for new moms like you.



Reduced Postpartum Stress: Provides compassionate listening and reassurance, helping you navigate the emotional changes that come with parenthood.



Practical Assistance: Offers hands-on help with newborn care, including feeding, diapering, and soothing techniques.



Breastfeeding Support: Assists with breastfeeding, helping to ensure proper latch, offering tips for increasing milk supply, and addressing any concerns or challenges.



Education and Resources: Provide information on postpartum recovery and parenting techniques



Personalized Care: Tailors support to meet your unique needs, respecting your preferences and parenting style.

Relax in Our Wellness Center

Sleep is crucial for a new mother's recovery and well-being, which is why our Wellness Center features a special "Repose" room— a serene resting lounge where you can reserve time during business hours for much-needed relaxation.

While you rest, our postpartum doula team will comfort your baby, ensuring a peaceful break. Before you depart, we will provide you and your baby with nourishment and discuss any additional resources you may require.

This service extends beyond simply offering a place to rest; it includes the provision of a comforting presence for your baby and practical support for you. This encompasses everything from feeding you a yummy warm meal to advising on recovery and well-being, all within the tranquility of our wellness center.





Contact Us Today!

delightedtodoula.org

(469) 269-6671

info@delightedtodoula.org

Mon – Fri 10:00 – 4:00pm

Sat – Sun By Appointment Only

Our Postpartum Wellness Center is located
at 5600 Ross Ave, Dallas Tx 75206