

## **Virtual Postpartum Doula Support from Anne Weeks, CAPP Certified Postpartum Doula**



The COVID-19 pandemic has created unprecedented changes for everyone. Luckily, we live in a time where there are many ways to connect which allow us to protect each other, particularly our most vulnerable populations.

Based on Health Canada's recommendations, I will now be providing Postpartum Doula support by phone and video call only, and this will continue until we are told that physical distancing is no longer required.

So, this changes the picture with regard to the type of postpartum support I am able to provide! While I will no longer be able to do your laundry, sweep the floor or prepare snacks, I can be “just a call away”, ready to listen and provide baby-care information and emotional support to help you get through a current challenging situation. Instead of needing to wait for a scheduled shift, you can now call me when you need to. While we can schedule check-ins, and I will also be “on-call” for you from 8am until 8pm daily, ready to answer your calls as often as you need to talk or problem-solve. All requests for availability outside of these hours will be considered. You will be billed only for the time we spend on the phone.

This type of support may be of particular interest to those in the very early postpartum period. I have often reminded families that the first week postpartum changes day-to-day, much like our current situation – every day looks different and it can be hard to keep up! New parents are on a very steep learning curve and support from an experienced Postpartum Doula can be invaluable. Adjusting to life with an infant takes time – I can still provide you with feeding expertise, soothing techniques, and help you prioritize the really important things.

Once you have found a rhythm to your days with your new baby, new challenges are always around the corner. Our contact may become less frequent as you become more confident and sure of your parenting skills, but young humans are constantly learning and changing. New concerns arise, and I can continue to be your virtual support as long as you need.

Please text Anne at 905-483-6455 to arrange a phone interview. I look forward to “meeting” you!

