



# Cindy Jurado Doula

## BIRTH, POSTPARTUM & BREASTFEEDING SUPPORT

*Mothering the mother - Supporting the Family*

## What I Can Do For You

As your postpartum doula, what am I willing to do for you? Basically, I will do whatever is required to enable you to attain & maintain a calm, well-functioning home & family.

I will give you hands-on assistance with the practical aspects of baby care; breastfeeding, bathing and soothing, for example. I'll help you to recognize your baby's signals and learn your baby's patterns.

I will be there to answer your questions and concerns and to help find the answers that work for you. I'll help you access your community to learn what is out there, and help you set priorities.

I will make sure you eat well and ensure you stay hydrated. I strongly believe that a mother who is nurtured, both physically and emotionally, is better able to care for her baby and family.

I will see to your baby's needs, so you can rest, have a shower or take a break. I'll encourage you to develop the coping skills to be able to do this on your own.

I will help you to incorporate the new baby into their lives.

I am not a house cleaner. However, I will tidy up for you, to allow you to better concentrate on your baby. I don't differentiate between lady and family laundry, I'll unload and fill the dishwasher and sweep a floor if it so needs. My first priority though is you, your baby and your family, in that order.

I will give you the support and space you need to allow you to enjoy your baby, and to revel in the small moments. I will document our time together with photographs for you to keep.

I will work myself out of a job, helping you attain the skills to grow as a healthy, confident family.

-Cindy Jurado Doula



Soul Sanctuary Blessings



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