



# POSTPARTUM DOULA & NEWBORN SUPPORT SERVICES

**Hi! I am a Doctor of Public  
Health and University Professor  
Available for Summer  
Postpartum Support**



## ♥ MY SERVICES ♥



### HIGH-NEEDS INFANT SUPPORT

Special needs/high needs baby, including: NICU, NAS, FASD or birth trauma



### MOM AND BABY SUPPORT

- Breastfeeding
- Infant massage
- Babywearing



### POSTPARTUM RECOVERY SUPPORT

- Emotional support and encouragement
- Recovery education
- Self-care planning
- Resource referrals



### PARENT EDUCATION AND CONFIDENCE-BUILDING

- First-time parent support
- Infant safety education
- Preparing for pediatric appointments
- Understanding developmental milestones



## WHY CHOOSE DR. JILL

- ♥ Maternal Health Specialist
- ♥ Former Birth & Postpartum Doula Trainer
- ♥ Certified Lactation Counselor
- ♥ Certified Clinical Trauma Specialist
- ♥ Designed and taught Baby Massage and Mommy and Me classes



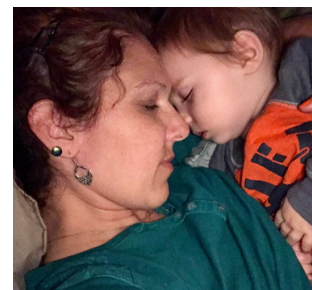
If you're looking for knowledgeable, compassionate support during your postpartum journey, I'd be honored to help make this transition smoother and more enjoyable for you and your family.

As a mother and maternal health professional, I understand that the weeks after bringing home a baby can be both joyful and overwhelming. I am available this summer to provide education and support for mothers, babies and growing families.

### Availability:

- Mon-Sun by appointment
- Flexible hours between 8:00 AM - 8:00 PM
- Rate: \$55 per hour

Serving families through Essex County and surrounding areas.



**202 - 230-4126**  
**DrJillDiana@gmail.com**