

Hello!

I am so happy you are here! Thank you for considering hiring me as your doula. I am so excited to have the opportunity work with you and your family. My goal as your doula is to provide individualized care to leave you feeling empowered, capable and (of course) well rested. I am here to support you in any way you need. In this welcome packet, you'll find detailed information on all things DouLaLa. Please don't hesitate to reach out if you have any additional questions!

Hello

Meet your doula

The services

The process

Doula support packages

Investment

FAQ

When to make contact

Contact me

DOULALA



Thank you for your interest in hiring me to work with your family during your postpartum journey. This is where I get to tell you a little bit about myself. I am 28 years old. I am a certified postpartum doula and a certified newborn care specialist. I am also a wife and a mom to one beautiful toddler. I have worked in childcare for almost 15 years, and I have been a certified doula for six years.

Being a post partum doula is one of the most rewarding things I get to do. I am able to provide not only physical support, but also mental and emotional support. I have an array of experience with many different families giving me the ability to provide quality and individualized care to each baby and mom.

Experiencing birth and postpartum personally has given me a whole new outlook on just how important my job is. Everyone tells you how wonderful it is when you finally get to hold the life that has been growing inside of you for months, but no one really tells you about postpartum. Every woman experiences it after giving birth, but not one experience is alike which puts a great emphasis on being able to provide care that is tailored to your specific needs.

Postpartum is tough, but so are you. I am here to be another person on your team. A confidant. A shoulder. A trusted professional.

Your doula

my experience and specialfies

I worked as a nanny for over a decade And was introduced to the doula world in 2017 via one of my nanny families. A year later I was certified, gaining experience as an doula and taking steps to start my own business. In 2019 I started DouLaLa in Texas, serving my own clients and training other doulas. Working as a nanny was great, but what I love most about being a postpartum doula is that I don't only get to help the babies, I also get to help their mom. My goal when starting DouLaLa was to leave new moms feeling confident, empowered, and (of course) well rested.

I am trained in all things postpartum, however my specialty is sleep training. Those words can be triggering to some, but I assure you that your night care is tailored specifically to you and your needs. Whether that looks like a strict schedule and a specific night time routine or just having extra hands that you trust so you can get the rest that you need.

I also specialize in recognizing the signs and symptoms of PPD, PPA and PPS. I specialize in breastfeeding and formula feeding education, swaddling, healthy sleep habits, and postpartum healing and wellness.



NIGHT CARE

Night shifts are provided for parents needing extra rest at night. A typical night shift is 8 hours (10pm to 6am) but can be adjusted as needed. Expectations and needs will be discussed before the start date. Night care can be provided immediately after birth or even months after birth. Night time responsibilities are specific to each family, but the typical responsibilities include the following: refilling mom's water bottle, breastfeeding help, bringing snacks, bottle washing, pump part washing, laundry, bottle making, bottle feeding, breastmilk storage, implementing healthy sleep habits, and sleep training. Moms Can choose to breastfeed throughout the night, pump and leave the expressed for me to bottle feed baby, or use formula. I require a place for me to rest throughout the night while the baby sleeps (i.e.) a guest room, or a bed in the nursery. Night shifts can be anywhere from 2 to 7 nights a week. We will go over all of these details before the start date to ensure I am providing the care you need.

DAY CARE

Day shifts are provided for parents needing an extra set of hands during the day. A typical daytime shift is 2-6 hours a day. Expectations and needs will be discussed before the start date. Day time responsibilities are specific to each family, but the typical responsibilities include the following: food prep, bottle washing, pump part washing, laundry, bottle making, bottle feeding, breastmilk storage, running errands, breastfeeding help, providing helpful newborn tips, nursery organization, providing resources and referrals to other professionals if needed, and newborn care. Some parents choose to sleep, get chores done, run errands, or even just relax with your new baby while a trusted pair of hands helps around the house. Day shifts can be anywhere between 2-7 days a week.

SIBLING CARE

Sibling care is provided for parents needing reliable care when they go into labor. As a sibling doula, I am on call from 38 weeks until you come home from the hospital. During this time, you can rest easy knowing that your older kiddos are being well taken care of while you are welcoming your new baby. Whether you're having a home birth, or a hospital birth, having a sibling doula is helpful for those who need some extra hands with their other kiddos. Some responsibilities of sibling care is as follows: comfort and care for the child(ren), keeping up with the routine, food preparation, bedtime routines, fun and engaging activities, tranporting to and from hospital to meet their new sibling, and light house work.



FILL OUT THE CONTACT FORM ON KARISSATHEDOULA.COM

After you fill out this form, you will receive an email from me detailing the next steps. Then I will contact you in a second email you to set up our consultation call.

INITIAL CONSULTATION

The initial consultation is the first phone call between you and I. This is when we get to know each other a little bit more, ask questions, and state what exactly you're looking for in a doula. If you don't know what to ask, that's okay! I can quide you through this call. After this call is when you will receive a price sheet via email.

FACE-TO-FACE MEET

The face to face meet is where we get to meet at your home, or in a public place if you prefer! This is where we will go into more detail about prices, contracts, expectations, and details regarding the shifts.

CONTRACT SIGNING/RETAINER PAYMENT/CLIENT PORTAL SET UP

After choosing your package, I will send you a contract which you can electronically sign. The Retainer payment will be do upon signing which you can also pay electronically. After signing and paying, you will receive an email to set up your client portal. This portal allows you to look at files, notes, correspondence and make payments. After the retainer payment is made, my calendar is booked for you (I do not overlap clients).

38 WEEKS (sibling care)

This is when I am "on call" for you! Please keep me updated via phone call or text.

FIRST SHIFT

Night care: The first shift can come along with some anxiety. Some moms like to receive text updates through the night, breastfeed the baby on demand or get as much rest as possible. If I will be in a different room than the baby, I do require a monitor. If you would like to keep a second monitor with you throughout the night, I am 100% okay with that. Whatever makes you feel comfortable. At the end of the night shift, I will send you my notes from the shift with all the details of how your babe did.

Day care: The first shift usually consists of you giving me a rundown of the things you would like me to accomplish that day. Some moms enjoy chatting or sharing their birth story and other moms prefer to keep it short and sweet then head off to sleep or get some sweet baby snuggles. Whatever you prefer is awesome.

OFF-BOARDING

At the end of our contracted time, we will discuss the option of extending or parting ways. I will close out your account, and leave everything in your more than capable hands. Updates and questions are ALWAYS welcome, even if I am not your doula anymore. I will send you an email shortly after to request a referral/review of our time together.

support packages & investment

ONE NIGHT SHIFT

\$34/hr

One night of care

Minimum 8 hours

PACKAGE ONE: POST PARTUM PLUS

\$2200

Minimum 64 hours of post partum care

2 nights a week minimum

Minimum 8 hours

PACKAGE TWO: POST PARTUM PREMIUM

\$2700

Minimum 80 hours of post partum support

3 nights a week minimum

Minimum 8 hours

PACKAGE THREE: POST PARTUM PRESTIGE

\$3200

Minimum 96 hours of post partum support

3-4 nights a week minimum

Minimum 8 hours

SIBLING DOULA

On call starting at 38 weeks

FLAT RATE ONE

\$800

Includes a 2 hours meet and greet with siblings

Maximum 12 hours

FLAT RATE TWO

\$1400

Includes a 2 hours meet and greet with siblings

Maximum 24 hours

ADD ON HOURS

\$30

Any hours after the allotted time is charged at an hourly rate

*discounts offered for families who use me as their post partum doula

EXTRA HOURS - \$35

Any hours added past 8 hours
Hours added with <24 hours notice

DAYTIME HOURS - \$32

Minimum 2 hours

Maximum 4 hours

SIBLING CARE - \$30

Minimum 2 hours

Maximum 4 hours



What does a postpartum doula do?

Postpartum Doulas are trained in postpartum adjustment, newborn characteristics, care, feeding, and development, and the promotion of parent-infant bonding. They are experienced in supporting families through their postpartum experience. Coming into the home during the fourth trimester following birth, the doula's role is to provide education, non-judgmental support and companionship; and to assist with newborn care and family adjustment, meal preparation, and light household tasks. Postpartum doulas offer evidence-based information on infant feeding, emotional and physical recovery from childbirth, infant soothing, and coping skills for new parents and can make appropriate referrals when necessary

What don't they do?

Postpartum doulas do not provide medical services, treatments, or diagnosis for mother or baby, nor do we provide heavy housekeeping.

Do postpartum doulas help with breastfeeding?

Postpartum doulas do offer breastfeeding support to you if you require it. They help with things like managing engorgement, teaching a good latch, talking through nipple concerns and care, offering evidence-based information on diet and milk supply, providing support and a pumping schedule, and the offer relationship-based care. Doulas are also trained to recognize breastfeeding issues may require more specialized help from a Lactation Consultant. Doulas believe that your breastfeeding journey is just that. Yours. It's up to you what you do, what you try and who is involved. Whatever that looks like, doulas are here to make sure you won't do it alone or step into it unprepared.

Do you support breastfeeding at night?

Many prospective clients believe we will "take the baby" and bottle-feed them at night, which we are happy to do with bottle-feed babies if it allows the parents to recover after birth or during challenging times. However, your goals are our goals, and if breastfeeding is your goal, we will do everything in our power to help you have success. This includes bringing your baby to you to feed at night, supporting you with information and encouragement at 3 am when things are frustrating, and helping you with pumping and storing milk if you want others to bottle-feed while continuing to breastfeed. Our goal is for breastfeeding moms to do as much or as little as they want at night, while we fill in any remaining gaps so she can go right back to sleep. So you might wake up to breastfeed for 30 min or so, but we will burp, change, swaddle and soothe your baby back to sleep, even if that means holding or walking them all night. Some moms never leave their bed during night shifts (except to use the bathroom) and feed their babies several times as well as have several meals or snacks! So we support whatever level of breastfeeding works best for you.

What kind of training does a nostnartum doula have?

Postpartum doulas can have many kinds of training these may include; breastfeeding trainings, and a doula training from DONA or CAPPA. In addition they may have early childhood development, massage, counselling, and other related trainings that add to their repertoire.

How is a postpartum doula different from a nanny?

Whereas a nanny cares only for your children, a postpartum doula cares for both mom and baby in the tender and sometimes trying time following birth. This means that along with helping you become the best parents for your baby, your doula is also knowledgeable about a mother's special needs in the postpartum period and is able to facilitate a smooth emotional and physical transition to motherhood. As well, postpartum doulas are trained in the art of breastfeeding and provide the help or encouragement you need.

Do you sleep train babies?

This is a loaded question. Do we help babies sleep well at night? Yes, absolutely. Do we help with practices that encourage longer stretches of sleep as babies grow and develop and seem ready? Yes. Do we take a 6-8 week old baby and try to make them sleep through the night with no feedings? NO. We support baby's developmental process and also parent's needs for rest, but we won't force your baby onto a plan that doesn't support his or her nutritional needs or will sabotage the breastfeeding relationship. We will help your baby distinguish night from day with darker room lighting, white noise use, using soft voices and less stimulation at night so they can learn that nights are for resting and days are for playtime. We will help establish sleep routines that make your process more efficient at night, and allow for smoother transitions between sleep and wake times, and we certainly will problem solve with babies who "don't sleep" (as many parents describe their babies) so we can find solutions for everyone's health. We won't however provide "cry it out" sleep training or get your babies onto a strict program that doesn't support the biological needs of infants, or bonding between parents and children. Let us know your goals with sleep, and we will do our best to help you all get there.



When does a postpartum doula start working for me and for how long?

Postpartum doula can begin care once you are ready to have her come to your home and that may be within days after the birth. We generally spend 1-5nights a week with your family for a minimum of 8 hours each night. We have worked with families for anywhere from 1 week to 6 months. We do find that beyond 6 months that most clients then require more of a nanny service.

How many hours do I need?

It depends! If you are having more than one baby, you can't really have 'too much' help. If you are just having one, you may want more help in the beginning, particularly if you decide to breastfeed, and then taper off as the weeks go by and you feel more comfortable.

We often advise to look at your budget, and then consider what you hope to get out of your Doula. Would you like to catch up on sleep and have time to recover after giving birth? These clients typically choose to have a doula within the first couple days the baby comes home through the first month. Would you like to learn to soothe a fussy baby? Babies tend to reach peak fussiness between 3-6 weeks of age, so you may want help spanning the first couple of months. Do you want help sleep training your baby? Babies typically get into a eat/play/sleep routine between 5-10 weeks so you would want to have a doula around the time your baby is a month to two months.

How far in advance should I book a doula?

The earlier the better! This will guarantee that we can have enough availability to help you when you need

How long can we keep you?

One of the most common requests we get is to move in and stay forever! Although we can be so valuable in the early days when you are exhausted and learning so much about your baby and your new roles as parents, believe us; it will not feel like this forever. You will learn more about your baby every day, your baby will grow and change in needs and abilities, and you will sleep through the night again! We see most families needing overnight support for the first 6-8 weeks, or more like 8-12 weeks with twins or triplets. Sometimes we can stay a bit longer if there are extenuating circumstances, or if we are not booked with brand new babies and you just need a bit more care to get back on your feet (with difficult recoveries, multiples, or postpartum depression this can be a common request).

What if we want our overnight doula to stay longer than 8 hours?

We aim to please here! If you want 9, 10 or 12 hours, we can do that. Doulas can also work 24/7 shifts with your family, can live-in, and some that can travel with you for a flat rate that can simplify your vacations, family emergencies, or any crisis that comes up. We know parenting is a huge responsibility, and never aim to replace your role with your baby/babies, but we also know having someone provide continuous support can be a giant help when big moves, trips, or urgent care is needed.

when to make contact

After you have a antenatal appointment with your care provider
When you are unsure about how you are feeling
When you are having contractions
To ask questions that do not require medical attention
When you need more information on anything
Any emotional support you are needing
When you are needing to change a shift or add on hours (24 hours in advance)

When you are needing any help with breastfeeding or sleep habits Just to check in

When you are unsure about your emotional state Feeling overwhelmed or emotionally drained Anytime you have questions or concerns

confact information

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