



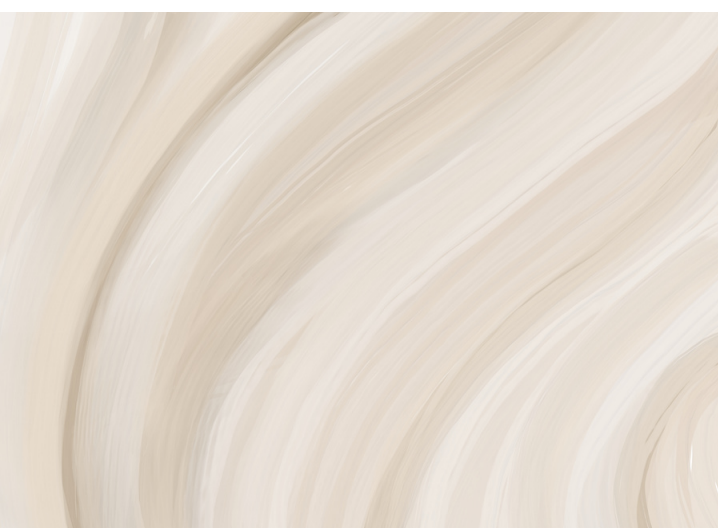
WELCOME GUIDE

MAMA'S GUIDE TO A SMOOTH START

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WELCOME

Welcome to Sadiyah Serenity Doula Services

Dear client,

Welcome to Sadiyah Serenity doula services. We are honored to support you during this incredible journey of pregnancy, birth, and early parenthood. Our goal is to provide you with compassionate care, personalized support, and valuable resources to help you have a positive and empowering experience.

As your doula, I will be with you every step of the way, offering guidance, comfort, and reassurance. I look forward to getting to know you and your family and to supporting you through this transformative time.

Warm regards,

Sadiyah C

SERVICES

ABOUT YOUR DOULA

Hi, it's me!

Name: Sadiyah "SuhDeeyah"

Background: I am a Trained full spectrum doula who specializes in supporting families through pregnancy, birth, and postpartum. My training includes labor and birth techniques to help mom have a positive experience. Also postpartum care for mom and newborn. And Lactation support to ensure breastfeeding is going well.

Philosophy: My approach to doula care is centered on respect, empathy, and empowerment. I believe that every birthing person deserves to feel safe, supported, and respected throughout their journey.



Personal Note: I am passionate about helping families navigate the challenges and joys of childbirth and early parenthood. I am here to listen, support, and make this extremely challenging transition as peacefully as possible

DOULA SERVICES OVERVIEW

Our Services



Prenatal Support

Personalized care during pregnancy, including emotional support, education, and birth plan assistance. Hospital checklist or list of questions for OB.



Birth Support

Continuous support during labor and delivery, helping you manage pain. Encouraging you through the contractions and ensure a positive birth experience.



Postpartum Support

Guidance and care during the early weeks of parenthood, including breastfeeding support, newborn care tips, sleep support with newborn and light housekeeping to help with routine.

WHAT TO EXPECT

Working with Your Doula

Initial Consultation

Our first meeting will be an opportunity to get to know each other and discuss your needs and expectations. We will talk about your pregnancy, your birth preferences, and how I can best support you.



Prenatal Visits

We will have 2 prenatal visits, where we will cover topics such as birth planning, pain management techniques, and preparing for the postpartum period. Bring any questions or concerns you have, and we will address them together.



On-Call Period

I will be on-call for you starting 3 weeks before your baby is born. This means I will be available 24/7 to support you when labor begins.



Labor and Birth

During labor, I will provide continuous physical and emotional support, helping you manage pain and stay comfortable. I will also advocate for your birth preferences and assist with any decisions that need to be made.



Postpartum Visits

After your baby is born, I will visit you at home 2-3 times to ensure you are adjusting well. We will cover breastfeeding support, newborn care, and any other concerns you may have.



PRENATAL SUPPORT

Supporting You During Pregnancy



✔ Emotional Support

Pregnancy can be an emotional rollercoaster. I am here to listen, offer reassurance, and help you navigate any fears or anxieties you may have.



✔ Physical Comfort

I will teach you techniques for managing pregnancy discomfort, such as gentle exercises, massage, and positioning tips.



✔ Education

I will provide you with information on childbirth options, potential interventions, and prenatal exercises to help you stay healthy and prepared.



✔ Birth Plan Assistance

Together, we will create a birth plan that reflects your preferences and values. This plan will serve as a guide for your care team during labor and delivery.

BIRTH SUPPORT

Being There When It Matters Most

- **Early Labor:** I will support you at home or in the hospital during early labor, helping you stay comfortable and calm as labor progresses.
- **Active Labor:** During active labor, I will provide continuous support, including pain management techniques such as breathing exercises, massage, and positioning.
- **Advocacy:** I will help you communicate your wishes to the medical team, ensuring that your voice is heard and your preferences are respected.
- **Post-Birth Support:** After your baby is born, I will assist with immediate postpartum care, help with breastfeeding, and ensure that both parents are comfortable and confident in their new roles.



POSTPARTUM SUPPORT

Helping You Transition into Parenthood

Breastfeeding Support

I will provide guidance and assistance with breastfeeding techniques, helping you establish a successful breastfeeding relationship with your baby. And techniques for more milk supply & engery



Newborn Care

I will offer tips on diapering, soothing, and understanding newborn behavior, helping you feel more confident in caring for your baby.



Emotional Wellbeing

The postpartum period can be challenging. I am here to offer emotional support, listen to your concerns, and provide reassurance.



Recovery

I will help you with postpartum recovery, offering self-care tips and sleep support. So if nights are hard and you are slacking sleep I will come and be on night shift. While also doing light housekeeping.

