



WHOLLY MISS HOLISTIC WELLNESS LLC

# DOULA CARE

Doula's are responsible for providing mothers and their families with non-medical care throughout the stages of pregnancy. Doulas do a great job of offering emotional, physical, and educational support.

## **Birth Doula Care**

- Accompany women in labor
- Suggest comfort measures
- Offer suggestions for partner to support the mother
- Advocate for client's birth plan desires
- Encourage clients to ask important questions
- Enhance communication between client and health provider

## **Postpartum Doula Care**

- Provide evidence based information on infant care, breast feeding, and more.
- Support partners so they can best care for mothers
- Perform light household task like cleaning and meal preparation
- Care for the baby while parents rest
- Care for the older children so parents can have time to focus on self and baby.

**BOOK A FREE CONSULTATION TODAY!**

Wholly.miss@gmail.com

IG: @Wholly\_miss

# FRUITS OF THE SPIRIT

## Pregnancy Affirmations

---



**Love:** Love yourself and your new body. You are God's masterpiece. Ephesians 2:10



**Joy:** Be grateful for all things, and radiate joy during this blessed time.



**Peace:** "Be still & know that Yahweh is God". Cast all your worries onto Him & be at peace knowing your trust is in Him.



**Long-suffering:** Pain is power. Your patience and endurance makes you strong and perfect.



**Gentleness:** Be gentle and extend grace. Let go & forgive where needed so hurt can be replaced with healing.



**Goodness:** You are and will be a great mother. Believe and know that you have been doing a wonderful job.



**Faith:** "God did not give us the spirit of fear, but of power, love, and a sound mind" 2 timothy 1:7



**Meekness:** Your humility to ask for help from your community when you need it is respectable and honorable.



**Temperance:** You have the strength and power through Christ to control and overcome anything.



WHOLLY MISS HOLISTIC WELLNESS LLC

# DOULA CARE

Interested in having a doula to guide you along your pregnancy, birth, and postpartum journey? **Use this QR code to submit an interest form.** We will connect you with support that right for you!



**BOOK A FREE CONSULTATION TODAY!**

Wholly.miss@gmail.com

IG: @Wholly\_miss