

ICEA Postpartum Doula Certification Program

THE SCOPE OF PRACTICE FOR THE ICEA CERTIFIED POSTPARTUM DOULA

Doulas provide 5 types of support – physical, emotional, informational, spiritual and mediatorial. Doulas do not provide any medical care, advice or interpretations. The following are lists of common support roles a postpartum doula may provide:

Physical Support for the Mother

- Helps mother take care of her postpartum body
- Offers appropriate suggestions for postpartum comfort measures
- Makes sure mother gets enough nourishment, fluids and rest

Physical Support for the Family

- Prepares simple meals and snacks for the family
- Cares for baby while parents eat, shower, or rest
- May do errands (alone)
- May help care for siblings
- May do laundry or light house keeping

Emotional Support for the Mother

- Listens to the birth story
- Validates the emotional challenges during postpartum
- Provides appropriate empathy and sympathy

Emotional Support for the Family

- Encourages and reassures the whole family during an emotionally vulnerable time
- Supports the entire family through the postpartum transition

Informational Support for the Mother and Family

- Guides family in infant care techniques
- Gives information on infant development
- Helps parents learn about feeding their baby
- Assists families in bonding with their baby
- Helps parents know when to call for help
- Provides appropriate resources and referrals

Spiritual Support for the Mother

- Provides a special woman-to-woman connection
- Offers a unique touch and trust relationship