

Doula Program



AT HOME VISITS...

Soon-to-be parents learn about:

- Having a Healthy Pregnancy
- Dealing with Discomfort
- Childbirth: What to Expect
- Managing Labor Pain
- Creating a Birth Plan
- Baby's Growth & Development
- Breastfeeding & Feeding Support
- Basic Newborn Care
- Postpartum Care for Moms
- Activities for Baby's Development



AN EXPERIENCED DOULA...

Can go to the hospital when expecting parents have their babies, to:

- Comfort Mom During Labor
- Help Families Understand Options
- Talk About Questions or Concerns
- Let Family Members Take a Break to Eat or Use the Bathroom
- Support Breastfeeding

All services are FREE!

Available to parents aged 22 and under in DuPage County

Call (630)790-8433 or visit TeenParentConnection.org for more information

Instagram: @teenparentconnection **Facebook:** Facebook.com/teenparentconnection/