Ethereal

CHILDCARE & DOULA SERVICES

Your Postpartum Education Workbook

Rest. Heal. Grow into motherhood with confidence.

Prepared for: _____

Baby's birthday: _____

Lakayla Phillips, Full-Spectrum Doula · Serving Arlington & DFW

SAMPLE PAGE

WELCOME

A note before we begin

You did it. Whether your baby arrived last night or is due any day now, welcome to the weeks that follow birth. They are tender, tiring, and beautiful, often all in the same hour.

I created this workbook to go with your postpartum care so you have something to read, write in, and return to at 3 a.m. Every section is written to help you feel **rested, informed, and supported**: how your body heals, the warning signs that need a call, your emotional health, feeding and newborn basics, and worksheets for the weeks ahead.

How to use this workbook

- **Read it in order or jump around.** Start with the section you need today.
- **Write in it.** The logs, checklists, and notes pages are yours to fill in, print, and edit.
- **Bring it to our visits and your appointments.** Your questions are the most important part.
- **Share it with your partner and helpers.** Some pages are written just for them.

Important disclaimer

This workbook is provided by Ethereal Childcare & Doula Services LLC for **general educational and informational purposes only. It is not medical advice**, and it is not a substitute for professional medical advice, diagnosis, or treatment. Lakayla Phillips is a doula, not a physician, nurse, midwife, or lactation consultant, and does not provide medical care. Reading this workbook does not create a provider-patient relationship.

Always seek the advice of your doctor, midwife, pediatrician, or other qualified health provider with any questions about your health, your recovery, or your baby, and before starting or changing any treatment, product, or practice mentioned here. **Never disregard professional medical advice or delay seeking it because of something you read in this workbook.**

Information reflects general guidance available when this workbook was written and may change. Every body, every birth, and every baby is different. Product names are examples only, not endorsements. No outcomes are guaranteed, and to the fullest extent permitted by law, Ethereal Childcare & Doula Services LLC and its owner are not liable for any loss or harm arising from use of this workbook.

If you think you may have a medical emergency, call 911 or your local emergency number right away.

With care,

Lakayla Phillips

Full-Spectrum Doula · Founder, Ethereal Childcare & Doula Services

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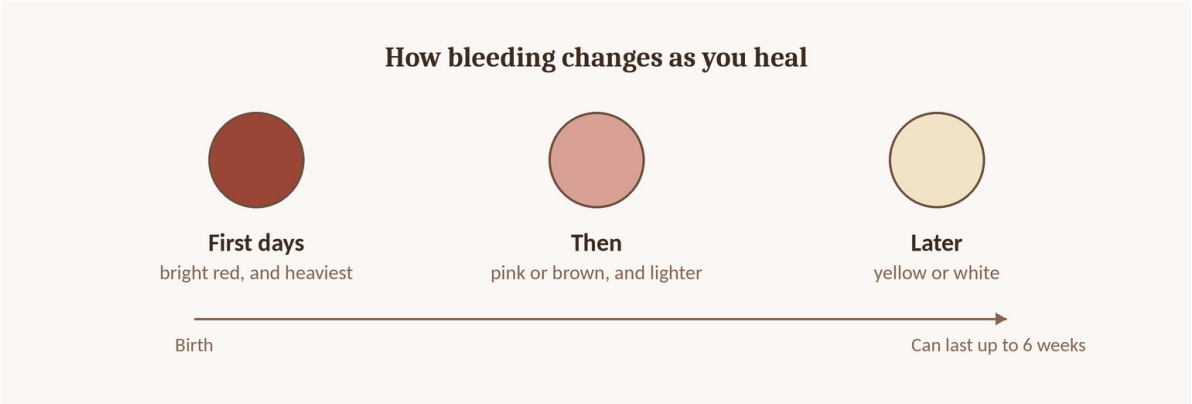
This workbook is yours to edit and print. If you add or remove pages, update the page numbers on this list by hand.

Bleeding after birth: what is normal

Bleeding after birth is called *lochia*. It happens after both vaginal and cesarean births, and it changes as you heal.



- **It can last up to 6 weeks,** and it is heaviest in the first week.
- **Small clots are common** when you first stand up after resting.
- **A brief increase around days 7 to 14 can be normal** as the place where the placenta was attached heals.

Call your provider if:

- You soak through one pad in an hour, or pass clots the size of an egg or bigger
- Bleeding is still heavy, like a period, after more than 4 days
- Bleeding comes back after it had stopped for several days
- Your discharge smells foul, or you have a temperature of 100.4°F or higher
- Belly pain is getting worse instead of better

My bleeding log

Day	Color	Flow (light, medium, heavy)	Clots?	Notes

Sources: MedlinePlus, Vaginal Delivery: Discharge; AWHONN, POST-BIRTH Warning Signs.

SAMPLE PAGE

Your healing timeline

Healing looks different for everyone, but this is a helpful roadmap. Always follow your own provider's instructions.

When	What is happening	How to care for yourself
Days 1 to 3	Bleeding is heaviest. Cramping, soreness, and swelling are at their peak.	Rest as much as you can. Cold packs, your peri bottle, and the pain relief your provider recommends.
Days 4 to 14	Bleeding lightens and changes color. Your milk comes in. The baby blues are common.	Warm baths, water, fiber, and short gentle walks. Limit visitors and nap when your baby naps.
Weeks 2 to 6	Soreness eases and stitches dissolve. Bleeding fades and stops. Energy slowly returns.	Light activity as you feel ready. Connect with your provider within the first 3 weeks.
Weeks 6 to 12	Many mothers feel more like themselves, though full recovery can take longer.	Have a full postpartum visit by 12 weeks. Ask about exercise, intimacy, and birth control.

Every birth, every time

Whether this is your first baby or your fifth, your body needs this recovery. Later births can bring stronger cramps and less rest, because there are older children to care for too. Ask for more help, not less.

My recovery check-in

Week	How my body feels	What I need help with
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		

Sources: ACOG Committee Opinion No. 736, Optimizing Postpartum Care; MedlinePlus; Office on Women's Health.

SAMPLE PAGE

My fridge page

Fill this in, then keep a copy on the fridge and one in your diaper bag, so anyone helping you can find it fast.

Who	Name	Phone
My doctor or midwife		
After-hours line		
Baby's pediatrician		
Lactation consultant		
Doula	Lakayla Phillips	[682-283-6527]
Pharmacy		
Nearest emergency room		
Partner or support person		
Friend or neighbor nearby		
Emergency contact		

About me	My answer
I gave birth on	
Where I gave birth	
Type of birth	☐ Vaginal ☐ Cesarean
Medicines I take	
Allergies	

Call the pediatrician right away if your baby:

- Is younger than 3 months and has a temperature of 100.4°F (38°C) or higher
- Is very hard to wake, unusually drowsy, or very fussy
- Has trouble breathing, or is vomiting again and again
- Looks more yellow in the skin or eyes, or is feeding poorly
- Seems "just not right." Trust your instincts.

Sources: AAP HealthyChildren.org, Fever: When to Call the Pediatrician. See page 9 for your own warning signs.

Support is here, day or night

Free and confidential support

- **National Maternal Mental Health Hotline:** call or text **1-833-TLC-MAMA (1-833-852-6262)**, 24 hours a day, in English and Spanish
- **Postpartum Support International HelpLine: 1-800-944-4773**, and online support groups at postpartum.net
- **988 Suicide & Crisis Lifeline:** call or text **988**
- If you have thoughts of harming yourself or your baby, call 911 or go to the nearest emergency room. These are medical emergencies.

My weekly mood check-in

Once a week, write a number from 1 (very hard) to 5 (good) in each box. It takes one minute, and it helps you and your provider see how you are really doing.

Week	Mood	Sleep	Worry	Feeling supported	One thing that helped
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					

When to call

If your numbers stay low for two weeks, or drop suddenly, call your provider. You do not have to wait for your next appointment, and you do not have to be in crisis to ask for help.

What I want my provider to know

Sources: HRSA, National Maternal Mental Health Hotline; Postpartum Support International; 988 Suicide & Crisis Lifeline.

Safe sleep, every sleep



- **Back to sleep,** for naps and at night.
- **A firm, flat surface** that is not angled or inclined, such as a crib or bassinet.
- **Share a room, not a bed.** Keep your baby's sleep space in your room, ideally until at least 6 months.
- **Keep it clear.** No blankets, pillows, bumper pads, or soft toys.
- **Not too warm.** Do not cover your baby's head or let your baby get too hot.
- **Offer a pacifier** at naps and bedtime. If you are breastfeeding, you may want to wait until feeding is going well.

When you are exhausted

Falling asleep with your baby on a couch or armchair is especially risky. If you feel yourself nodding off, lay your baby on their back in the crib or bassinet, or hand your baby to another adult.

Our safe sleep check

- ☐ A crib or bassinet is set up in our room
- ☐ The mattress is firm and flat, with a fitted sheet only
- ☐ There is nothing else in the sleep space
- ☐ Everyone who cares for our baby knows: on the back, every sleep
- ☐ We have a plan for the nights when we are too tired to stay awake

Where our baby sleeps

When	Our plan
At night	
For naps	
When we travel or visit family	

Sources: CDC, Providing Care for Babies to Sleep Safely; AAP Safe Sleep Recommendations (2022).

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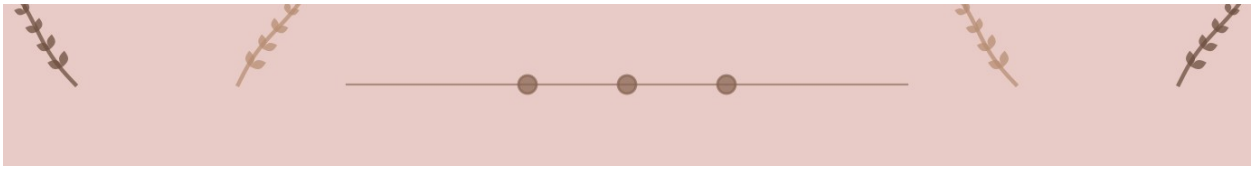

PART 7

Your Support Plan

No one is meant to do this alone. Decide who is on your team before you need them.

My support list

Task	Who can help	When
Meals		
Laundry and dishes		
Older children and pets		
Errands and groceries		
Holding the baby while I shower or nap		
Night help		
Rides to appointments		
Someone to talk to		

Our visitor plan

Question	Our answer
Who can visit in the first two weeks	
Best days and times	
How long visits last	

Our house rules

- ☐ Wash your hands before holding the baby
- ☐ Stay home if you are sick
- ☐ Text before you come over
- ☐ Keep visits short
- ☐ Bring food, not expectations
- ☐ Ask how mom is doing too

SAMPLE PAGE

Questions to ask at my postpartum visit

Tick the ones that matter to you and bring this page with you. There are no silly questions.

- [ ] Is my bleeding normal for this stage?
- [ ] How is my tear or incision healing?
- [ ] Is my blood pressure where it should be?
- [ ] Here is how I have been feeling. Is this the baby blues or something more?
- [ ] Do I need follow-up for anything from my pregnancy, such as blood pressure or blood sugar?
- [ ] Should I keep taking my prenatal vitamin or any other supplement?
- [ ] When can I exercise, lift, and return to my usual activities?
- [ ] Would pelvic floor physical therapy help me?
- [ ] When is it safe to have sex again, and what are my birth control options?
- [ ] How long is it best to wait before another pregnancy?
- [ ] Who can help me with breastfeeding or pumping problems?
- [ ] Which vaccines or screenings am I due for?

My notes

Want the full workbook?

This sample shows just a few pages of Your Postpartum Education Workbook.

The complete 34-page workbook comes with every Ethereal Postpartum Doula package. It covers your healing body, warning signs, emotional health, feeding, newborn care, rest and nourishment, your support plan, checkups, and local Tarrant County resources.

Book a free consultation

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