



# POSTPARTUM DOULA PROGRAM

## Did you know?

Families who give birth at  
Cape Cod Hospital are now eligible for  
up to 3 home visits from a Postpartum Doula  
at NO cost to the them!



Postpartum doula support includes  
newborn care, education on feeding  
and sleep, mental health screenings,  
connections to community  
resources & help with household  
chores.

Families who receive doula care  
report lower levels of postpartum  
mood complications, and increased  
confidence as they transition into a  
new family unit!

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