

## New & Expecting Parents

Would you like to have...

Greater success rates & confidence with breastfeeding?

Decreased risk of developing postpartum mood disorders?

Resources and referrals for additional local support?

I can help!



## Koru Symbology

My husband and I lived and traveled throughout New Zealand in 2007. There, we discovered the rich legends and symbols of the native Maori people. One of their most sacred symbols, a Koru, is that of a fern bud as it opens, bringing new life and purity into the world. It embodies peace, tranquility and spirituality along with a strong sense of regrowth or new beginnings. Interlocking Koru shapes also represent the strength of loving relationships within a family.

As you transition into this new phase in your life, I hope that the strong imagery and symbolism of the Koru can remind you of the new possibilities that are unfurling for your family!

new life  
growth strength peace

**Krista Maltais**  
certified postpartum doula (DONA)  
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postpartum  
doula services

New & Expecting Parents

Would you like to have...

Greater self-confidence as a parent?

Easier transitions for siblings?

More restful sleep and better coping skills?

A Postpartum Doula can help!

For more information about doula services, visit:

[korucare.webng.com](http://korucare.webng.com)

[www.seacoastdoula.com](http://www.seacoastdoula.com)

[www.DONA.org](http://www.DONA.org)



## The Postpartum Doula's Role

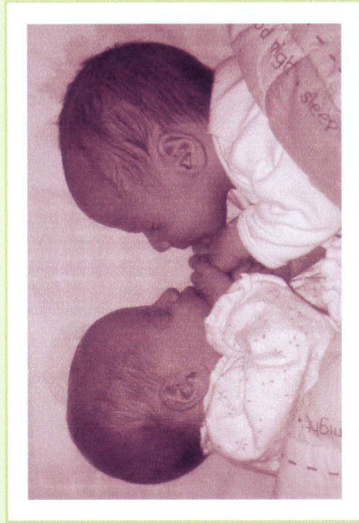
A postpartum doula is trained to "mother the mother" so that she is better able to care for her newborn baby.

A postpartum doula is not a baby nurse; the focus of a doula is on nurturing and caring for the entire family as a unit.

A postpartum doula can help educate the family about maternal and newborn adjustments, feeding methods, and coping skills through evidence-based information.

A postpartum doula can provide non-judgmental support and companionship for all family members.

A postpartum doula can also assist with various household organization, such as doing the dishes, laundry, and light meal preparation.



## About Krista Maltais

Krista is a postpartum doula certified through DONA International and is a member of the Seacoast Doula Group. She also holds a degree in Family Studies with a Religious Studies minor from the University of New Hampshire.

Krista has worked with newborns (including multiples!), siblings, and parents for over ten years in a variety of settings, both in the United States and abroad in New Zealand. She has a strong background in parent-child attachment, family dynamics, growth and development, and family support; additionally, she understands the impact of religion on family life.

Krista believes that all families are unique and deserve compassionate support during such an important life transition. Her job is to help parents create a solid foundation to build their families on and she is honored to be a part of that process!

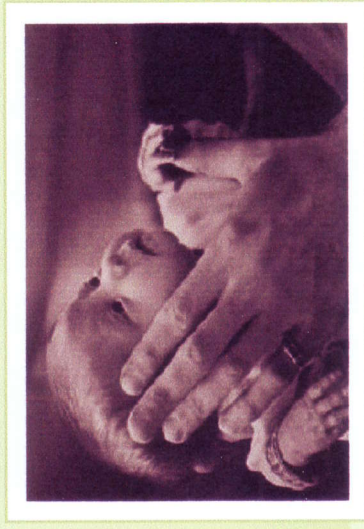
## Services & Fees

Every family is unique and therefore all services are customized to assist with your family's individual needs.

Generally shifts range from 4 to 6 hours at a time. If needed, occasional weekend or overnight assistance is also available.

Please contact Krista to discuss services and fees as well as any questions you may have.

Ask about gift certificates!



## Insurance

Doula care may be considered an appropriate expense for reimbursement from a flex-spending medical account.

~ ask your insurance provider today!