

## About Susan Remillard

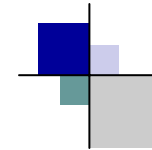


Susan Remillard is a post-partum doula having been certified through DONA\*

with additional training at The Ballard House in Portland, Maine. She is a member of The Seacoast Doula Group. Susan is uniquely qualified to help your family, having experienced childbirth five times at very different intervals of her life - at 18, 20, 23, 37 and 45 - she brings a range of knowledge to her practice. Whether becoming a new mother as a teen or later in life, she is aware of the differences AND the similarities, with over 30 years of experience with babies and children.



\* **DONA** (Dona International)



## Seacoast Postpartum Doula Service



**Susan J. Remillard, PCD, DONA**

PO Box 195  
Kittery Point, ME 03905

Phone: 207-439-3033  
E-mail: [susanremillard@hotmail.com](mailto:susanremillard@hotmail.com)

Smoothing the  
Transition

## What is a Postpartum Doula?

A postpartum doula specializes in nurturing the family during the sweet, but sometimes stressful time, following the arrival of a newborn baby. An experienced postpartum doula can support first-time mothers emotionally and teach them techniques that can help smooth their transitions from woman to mother. Additionally, postpartum assistance can shore up a mother with her second or even third child who may face problems with her newborn in the days and weeks following childbirth.



### Benefits of working with a Postpartum Doula:

- Increased chances for success in breast-feeding
- Less chance for maternal postpartum depression
- Less maternal exhaustion and apprehension
- Earlier bonding
- Confidence gained more quickly

### Services that an experienced postpartum doula can provide:

- Newborn care tips
- Infant care so the new mother can rest
- Breastfeeding support
- Occasional meal preparation
- Light household organization/laundry
- Help with siblings
- Make referrals when specialized help is needed

## Services & Fees

All services are customized with the new mother and your family in mind. Services will be geared to help guide you in your quest to resolve difficulties and to help find your own parenting style. Common shifts worked by doulas include days (3-5 hours at a time) after school (2-5 or 6pm).

**Fees:** \$25/hour

Gift certificates are also available.  
*(A wonderful way for relatives to help!)*

## For More Information

If you have any questions about doulas in general, or would like to discuss your particular situation, I can be reached by phone or email. I am happy to answer your questions, so please don't hesitate to ask!

**Susan J. Remillard**  
Certified Postpartum Doula

Phone: 207-439-3033  
E-mail: susanremillard@hotmail.com

