



Postpartum Doula

Prepared by Kaci Godbehere, CLC on April 6, 2023
Session date April 5, 2023
Location In-person

Leo was awake when I arrived, and I was told he last ate and was changed around 8:30. Since he was still awake I decided to go ahead and make a bottle to take down with us

- I prepared a 4 oz bottle of formula
- Changed him from a wet diaper
- He ate 3 of the 4 ounces before he was asleep and spit the bottle out (10:30)
- I swaddled him and sat with him until 11:00 and then laid him in the bassinet asleep

He woke up again around 12:30 so I picked him up and snuggled him, and he went back to sleep.

He woke up again around 1:30

- I prepared a 4.5 oz bottle of breast milk
- Changed him out of a wet diaper
- He ate 4 oz, and we took a few breaks to burp throughout.
- He was falling asleep burping again so I swaddled him after he had sat upright and laid him in the bassinet asleep a lot after 2:00

Leo woke up a third time around 5:00

- I prepared the 4 oz bottle of breastmilk that was in the fridge at the front of the milk storage
- Changed him out of a wet diaper
- He ate almost the entire 4 oz (not even enough left to completely cover the bottom of the bottle) and it was the most relaxed feeding!
- I sat him up and burped him and then swaddled him and sat with him upright for approximately 30 minutes and then laid him in the bassinet asleep