

# FALMOUTH FAMILIES: POSTPARTUM DOULA PROGRAM

Falmouth families with a new baby can receive up to 3 home visits with a postpartum doula at no cost!

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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