



## **JOB DESCRIPTION**

### **Postpartum Doula**

**FLSA Status: Part-time, Non- Exempt**

*The mission of Healthy Start is to improve maternal and child health and to reduce poor birth outcomes and infant mortality in Allegheny County.*

#### **Purpose of the Position**

The postpartum doula is an advanced position in the field of community health that offers continuous emotional support to a new mother after the birth of a baby—including early linkages to healthcare and other support services utilizing the International Childbirth Education Association Eleven Domains of Postpartum Care:

- Emotional support
- Physical comfort
- Self-care
- Infant care
- Informational support
- Advocacy
- Referrals
- Partner/father support
- Support mother/father with infant
- Support mother/father with sibling(s)
- Household organization

Healthy Start's postpartum doula(s) will serve mothers and families already enrolled in the Healthy Start home visiting program, with a focus on promoting equity, self-agency and health. New mothers who are supported in attaining their breastfeeding goals, addressing mental health concerns and attending their postpartum visit will be major success metrics of the position.

#### **Essential Duties and Responsibilities**

The postpartum doula will maintain a small caseload, and serve each new mother for up to six weeks and provide services in accordance with Healthy Start's postpartum doula program guidelines. The postpartum doula will serve as part of the Healthy Start multidisciplinary team and will collaborate with the Healthy Start Community Healthy Worker and other staff working with the family. Specifically:

- The postpartum doula provides families with culturally appropriate emotional support to assist with the transitions of the postpartum period and having a new baby. While doing so the postpartum doula respects the parenting style of the family, provides opportunities for the mother to ask questions or express concerns, and provides encouragement. The postpartum doula also motivates and supports new mothers around goal planning.

- The postpartum doula provides physical support as the family recovers and grows more comfortable with their new roles. The techniques for support should be individualized to the family's specific needs, but may include providing opportunities for rest, personal care, and healing. The doula can also demonstrate newborn care, assist with breastfeeding, provide care to older children, and be there to fill in the gaps as necessary.
- The postpartum doula focuses on normal postpartum recovery and newborns—providing unbiased, evidence based information so the mother can make an informed decision on what is in the best interest of herself and her baby. The doula can help to facilitate communication between the mother and her care provider, and work as an advocate throughout her working relationship with the mother and family. In doing so, the doula has a comprehension of her limitations and when necessary will provide appropriate referrals to other individuals or providers.
- The postpartum doula is required to attend team meetings and trainings, on occasion, and to ensure timely and accurate completion of case notes and other paperwork according to Heathy Start processes and protocols.

### **Qualifications**

The postpartum doula position requires at least two years practical experience related to maternal and child health, doula and/or childbirth education, and/or home visiting. A combination of education and training may be substituted. Certified Postpartum Doula through the International Childbirth Education Association (ICEA) is preferred. Lamaze Certified Childbirth Education and Lactation Counselor trainings/certifications preferred.

Must possess a current, unrestricted Driver's License issued by the Commonwealth of Pennsylvania and must be able to obtain Act 33/34 Clearances

### **Supervisory Relationships**

This position functions as a member of the home visiting team, under the direction of the Director of In-home Services.

### **PHYSICAL DEMANDS**

- The work performed is 95% field work and may require standing, sitting, squatting/ stooping/ bending, walking, lifting/carrying, light cleaning, running errands, climbing stairs.
- The other 5% of the position is conducted in the office (meetings and paperwork).
- Out of town and overnight travel is also required on occasion.

*Reasonable accommodations maybe made to enable individuals with disabilities to perform the essential functions. Nothing in this job description restricts management's right to assign or reassign duties and responsibilities to this job at any time.*

Send resume and cover letter to Andrea Kimple at [akimple@hsipgh.org](mailto:akimple@hsipgh.org). NO CALLS PLEASE.