



LUNA CARE
BIRTH & POSTPARTUM DOULA

Postpartum Resource Guide

Welcome ♥

This guide is here to support you during the postpartum period with trusted, gentle resources you can return to as needed.

You do not need to read or use everything at once. This is a reference library — meant to be explored slowly, bookmarked, and revisited when questions come up.

How to Use This Guide

- There is no required order
- You don't need to "keep up"
- These resources are meant to support, not overwhelm

Each section includes short descriptions and links to separate PDFs, infographics, videos, or trusted external resources.



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Postpartum Resource Guide

Infographs

Feeding & Lactation

Understanding Baby Poop: What's Normal & When to Check In

A visual guide showing common newborn stool colors and patterns, with notes on what's typically normal and when to reach out for support.

[!\[\]\(de95854c7ee024cfadc48187bbb781b2_img.jpg\) Infographic link](#)

Breastfeeding in the Early Weeks: What to Expect

A visual overview of feeding frequency, diaper output, stomach size, and common patterns in the first weeks of breastfeeding.

[!\[\]\(c50c8b7b2cc2cf9ff925edec0ee94c0d_img.jpg\) Infographic link](#)



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PDF with Video Links

Newborn Care Essentials

Newborn Care Basics

A grounding overview of what newborns need in the early weeks, including feeding, sleep, soothing, and transitions.

[!\[\]\(cbe2492b119e39e02a1dab2af4a4b296_img.jpg\) Newborn Care Essentials PDF](#)

Bathing Your Baby

Guidance on sponge bathing, when to begin tub baths, and how to keep bath time calm and supportive.

[!\[\]\(5361750c22c4e047a52f4eac1ec2d4cc_img.jpg\) Newborn Care Essentials PDF with video link](#)

Carrier Safety

Safety reminders and positioning guidance to support baby's airway, comfort, and bonding while babywearing.

[!\[\]\(0d5ec72f61334709c3fc9450209b754f_img.jpg\) Safety Considerations PDF](#)

Safety & Product Recalls

Links to trusted recall resources to help you stay informed about baby product safety.

[!\[\]\(2bae76de5ebbd5c4d7d47162f1673734_img.jpg\) CPSC Recalls \(U.S.\)](#)

[!\[\]\(b64b40baaee5acddc1eab8538ba84754_img.jpg\) Health Canada Recalls \(if applicable\)](#)



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PDF with Video Links

Feeding and Lactation

Feeding & Lactation

Baby Feeding Cues

A short guide to recognizing early hunger cues so feeding can feel calmer and more responsive.

[!\[\]\(ec9132f1d27c8919987d92907322654d_img.jpg\) Feeding and Lactation PDF with video](#)

Waking a Sleepy Baby for Feedings

Gentle techniques to help babies stay awake during feeds in the early days when needed.

[!\[\]\(dd161862f9164df98f62b726e9846241_img.jpg\) Feeding and Lactation PDF with video](#)



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