

Providing professional birth and postpartum services to Rhode Island and Southeastern Connecticut



Barefoot Mama Doula Services

*Specializing in
Overnight Doula Services*

Having support during your transition to parenthood can make a world of difference.

An overnight doula comes to your home and cares for your newborn at night. You are able to be a more present and calm parent when your body gets the rest it needs and deserves. Overnight doulas offer support to both breastfeeding and bottle feeding mothers and families. All kinds of families benefit from overnight care - first time parents, parents of multiples, mothers needing to heal from a cesarean birth.

Want more information?

Call to set up a complimentary consultation or to customize an overnight package for your family.

401-486-6967

meg@barefootmama.net

www.barefootmama.net

Megan Bain
Barefoot Mama Doula Services



Megan specializes in
Overnight Doula Care
Birth Support
Placenta Encapsulation

"We tried very hard to make the arrival of our second child as peaceful as possible. We were so very lucky to have met Megan. Overnight doula care with Meg was very much like welcoming a calm and knowledgeable friend into our home and entrusting those first nights to her care. She is the best of all worlds; young and energetic, as well as wise and thoughtful in the ways of womens health. We slept, Meg brought the baby to me when he needed to eat and then cared for the rest of his needs through the night. In this way, I was able to rest and heal from my second c-section in a healthful way, successfully breastfeed, and have enough energy to care for my toddler through the days. Thanks to Meg, our home transitioned from one child to two with a well rested dad and a happy mom. We could not have done it without her." L.S.

 @barefootmamadoula

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