

SERVICES

MAMA ABHYANGA

This massage will benefit mother in so many ways. Based in Ayurvedic Principles this massage supports body, mind and spirit of postpartum mamas.

BABY ABHYANGA

Infant massage that will help baby and mom to relax and snug!

COOKING

Ayurvedic Postpartum cooking supports mother to recuperate and enhance their energy.

PLACENTA ENCAPSULATIONS

There are many benefits for you and your baby by using the Placenta after birth.

*Always
&
Forever*

CONTACT ME

KARLA BERGANZA

WWW.BARRIEPLACENTABIRTHINGSERVICES.COM
416-571-5906



PRENATAL & POSTPARTUM SERVICES



WHY IS IT IMPORTANT TO HAVE POSTPARTUM SUPPORT?

A mother I was working with in postpartum said to me, "You see, this is why I hate going to the check-ups! I am SO late, I am stressed, and now I am worried my baby is going to get sick from entering the hospital."

Often, in Western-American culture, there is a lot of focus on the birth, and then families are abandoned afterward. Many people believe mothers should, "get their body back," "jump back into work," and have everything back to "normal."

After birth, a mother's body has opened in ways both seen and unseen and there is need for integration, rest, support, and connection with baby. With the right set up, a mother is more able to get return to work with focus, balance her body, and re-align herself with life and family. In many traditions all over the world, postpartum support is standard.

It is unthinkable to leave a mother alone after birth in many cultures. A Postpartum Doula encourages the sacred transition so a mother can be FULLY present with baby and heal. When a baby is first born, the mother and baby are not separated.

The health of the mother is a reflection of the baby and vice versa. So, if a mama is fully supported then she is more likely to have a healthy baby, and be more present with the baby's needs. Postpartum health is not just looking at the baby or mother, but the health of both mother, baby, and whole family coming together. With the support of a doula, partners and other family members can have more time to bond with the new baby instead of stressing about taking care of chores, cooking, etc.

WHAT DO I OFFER AS A POSTPARTUM AYURDOULA OR POSTPARTUM DOULA?

A Postpartum Doula is someone who supports you as a mother and family after birth in your home. We help with breastfeeding, household errands, baby, answering questions, cooking, and family. If you are not interested in Ayurveda, I can happily come to your home and offer postpartum doula support. This includes breastfeeding support, house-hold errands, helping with baby, answering questions, giving resources and any mother-family related support.

A Postpartum Ayurvedic Doula or Ayurdoulas: is someone trained in Ayurveda practices postpartum to help heal the body after birth. Ayurveda is a life science from India, which has been around for thousands of years and offers a wealth of knowledge for families after birth. Specifically, many women have body pain, constipation, gas, sleep loss, hormone fluctuation, digestion problems, and can go to extreme postpartum depression. This is common, but preventable with the tools through Ayurveda! I support parents with a 6-week regiment after birth to help with balancing the hormones, deep connection with baby, digestion, physical strength, milk supply and more!

