



The Golden Month

postpartum care

POSTPARTUM DOULA SUPPORT PACKAGES

I'M HERE TO MEET YOU WHERE YOU'RE AT - EACH VISIT IS TAILORED TO YOUR NEEDS IN THAT MOMENT.

EACH PACKAGE INCLUDES (BUT ISN'T LIMITED TO):

- POSTPARTUM PLANNING SESSION DURING YOUR 2ND OR 3RD TRIMESTER, PLUS A COPY OF MY POSTPARTUM GUIDE
- WARM, NOURISHING POSTPARTUM FOCUSED FOOD TO SUPPORT YOUR RECOVERY (1 MAIN MEAL & 1 BAKED SNACK, BOTH WITH MULTIPLE SERVES AND HERBAL TEA BROUGHT TO EACH SESSION)
- A LISTENING EAR AND EMOTIONAL SUPPORT (WITH ZERO JUDGEMENT)
- LIGHT HOUSEWORK (LEAVE THAT WASHING PILE TO ME!)
- HANDS ON NEWBORN CARE (GIVING YOU TIME TO SLEEP, TAKE A LONG AROMATHERAPY BATH OR A SOLO WALK)
- INFANT CARE, FEEDING AND SLEEP GUIDANCE
- HELP WITH OLDER SIBLINGS
- 7 DAYS A WEEK TEXT & CALL SUPPORT FOR THE DURATION OF YOUR PACKAGE

PRICING:

GROW PACKAGE- 1 4HOUR VISIT - \$300

FLOURISH PACKAGE - 3X 3 HOUR WEEKLY VISITS - \$650

THRIVE PACKAGE- 6X 3 HOUR WEEKLY VISITS - \$1250

*Flexible payment plans and gift vouchers are available for all of my packages and all packages are for any stage of your 12 week postpartum period.