Postpartum Doula Package

Professional and compassionate postpartum care aiding in maternal healing, family bonding, and newborn care

maternal care

- cooks nourishing meals
- makes hydrating beverages
- encourages rest and sleep
- provides holistic healing remedies
  - sitz baths, tinctures, etc.
- offers mental and emotional support
- helps process labor and birth experience
- offers stress relieving activities
  - massage, baths, & self-care

house care

- washing dishes
- folding laundry
- tidying up
- sweeping/vacuuming floors
- schedule grocery delivery
- restock diaper bag or stations
- creates cozy and calming atmosphere
- sanitizes pump (if needed)
- sanitizes bottles & parts
- disinfect surfaces
- dust

newborn care

- offers advice and knowledge for newborn care
- teaches to swaddle
- aids in breastfeeding technique
- changes diapers
- offers to care for infant while parents rest/shower
- encourages tummy time (age appropriate)
- provides support in other areas so parents can bond with baby

Includes a prenatal session to plan postpartum schedule and 20 hours of support scheduled as needed after birth up to 10 weeks postpartum

Not Included

- babysitting newborn or additional children
- ingredients for meals & drinks
- cleaning supplies
- baby supplies (diapers, bottles, pacifiers, etc)
- out of home errands

Investment

$800

- payment plans available
- financial support offered
- returning families discounted