

Postpartum Doula Support Packages

Motherhood is a time of deep transformation—one that deserves gentle care, nourishment, and unwavering support. My postpartum doula services are designed to honor this sacred season, offering you the reassurance, hands-on help, and emotional care you need as you navigate early motherhood.

Each package is tailored to your unique needs, providing holistic support for both you and your baby. Whether you need guidance, rest, or someone to hold space for you, I am here to walk alongside you during this tender time.

Each visit includes one main meal, one snack, one beverage.

Nourish Me – \$450

A one-time 3-hour visit

This visit is completely customised to suit your needs. Perfect for mothers seeking professional support while still receiving warmth and care, this session may include:

- Nourishing meal preparation
- Postpartum recovery guidance
- Infant feeding and settling support
- A listening ear and emotional reassurance

Hold Me – \$1,550

1 weekly 3-hour visit for a month (12 hours total) + text/call support

Designed for the mother who has support but could benefit from an extra pair of hands. This package ensures you feel nurtured and cared for during those crucial first weeks.

What's included:

- Hands-on newborn care support
- Light household tasks to create a calm and restful space
- Emotional support and a safe space to share your experience
- Infant feeding and sleep guidance
- 7-day-a-week text and call support for ongoing reassurance

Love Me – \$2,200

6 visits over one or two months (3-hour sessions) + text/call support

The ultimate postpartum care package, ideal for mothers with limited support who need extended rest and nourishment. Whether you have multiple children or simply want the fullest level of care, this package offers it all.

What's included:

- Everything in the Nourish Me and Hold Me packages
- Extended in-home care to support your physical and emotional well-being
- Infant sleep, feeding, and soothing techniques
- 7-day-a-week text and call support for ongoing reassurance
- Bonus: A mini newborn photo session during one of our visits, capturing special moments of you and your little one.



[Contact me](#)