



PERTH DOULA SERVICES
A Labour of Love

birthing **PACKAGES**

I AM THE DOULA WHO
WILL LISTEN TO YOU,
GUIDE YOU AND GIVE
YOU, MY TRUTH.

INITIAL MEETING

- Free! Virtual or face to face meeting (30 minutes)
 - Background and experience
- Your level of support and experience

WHAT WE WILL BE DISCUSSING

- Birth plans
- Birth education
- Create your own birth map
- Fears and concerns
- Your rights
- Nutrition
- Partner support for pre and post labour
- General questions
- Refining the birth map
- Fears and concerns
- Pain relief options
- Preparation for postpartum journey
- General questions

PRE-NATAL PACKAGE

In preparation for birth, I like to hear your birth preferences, create a birth plan, talk about fears, provide resources and information about any areas you may be unsure about. We will talk about all the different options to keep you as comfortable as possible during labour and how to create your beautiful birth space, wherever that may be. Hypnobirthing course completed and resources offered.

BIRTH PACKAGE

I will be available during your birth, to ensure that your birth plan options are met, and your birthing experience is one that holds beautiful memories.

POSTPARTUM PACKAGE

Note: Obligation free meeting to get to know each other, your needs and support required (if I haven't supported you during pregnancy + birth)


Preparing you for the postpartum period is something that is sometimes forgotten. I call it the 4th trimester! The first 6 weeks can be the most challenging, but the most important time for establishing baby and mumma bonding.

POSTPARTUM PACKAGE

I offer breastfeeding support, feeding options, important things you may need to buy, sleep consultancy and so much more.

Navigating the first 6 weeks can be overwhelming but I have a lot of tricks up my sleeve 😊 sometimes it might just be a friendly face to hold your baby so you can shower, eat a hot meal, or drink a cuppa ☕ that hasn't gone cold.

How good is an uninterrupted nap!
I am amazing in the kitchen and love
tidying and organising.

 PS: Boobie biscuits a.k.a
lactation cookies are my specialty.