



Menu of Offerings

PRICES SUBJECT TO TIME & SERVICE REQ



PERTH DOULA SERVICES
A Labour of Love

ANTENATAL

PREPARATION OF BIRTH PLAN/BIRTH MAP

ASSISTING WITH FREEZER PREPARATION

ASSISTING WITH NURSERY SET UP

WORKING THROUGH ANY FEARS OR HESITATIONS

ASSISTING WITH HOSPITAL BAG (LISTS PROVIDED)

ACCESS TO MY RESOURCE LIBRARY

MP3 RELAXATION & GUIDED HYPNOSIS DOWNLOADS

PREGNANCY RELAXATION MP3 TRACK TO DOWNLOAD

PHONE AND EMAIL SUPPORT (INC RESOURCES)

ANTENATAL EXERCISES

HYPNOBIRTHING/FEAR RELEASE

REBOZO, ACUPRESSURE, OPTIMAL MATERNAL POSITIONING, MASSAGE

PREPARATION FOR POSTPARTUM JOURNEY





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BIRTH

ON CALL FROM 37 WEEKS

BIRTH SPACE SET-UP

1-2 HOURS POST BIRTH

REBOZO TECHNIQUES

MASSAGE/COMFORT TECHNIQUES

EMOTIONAL/PHYSICAL SUPPORT

AFFIRMATIONS/REASSURANCE

HYPNO-BIRTHING TECHNIQUES

ADVOCACY (IF REQ)

PHOTOS/VIDEOS

ACUPRESSURE, OPTIMAL MATERNAL POSITIONING

SNACKS/BONE BROTH



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POSTPARTUM

REVISITING YOUR BIRTH JOURNEY

BREAST/BOTTLE FEEDING SUPPORT

NEWBORN EDUCATION

LIGHT DOMESTIC DUTIES

MASSAGE

EMOTIONAL/PHYSICAL SUPPORT

NEWBORN CUDDLES!

NEWBORN CARE

ASSISTANCE WITH REFERRALS

SIBLING SUPPORT

EXERCISE PROGRAMME

SNACKS/MEALS



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