

PERTH DOULA SERVICES



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A Labour of Love

PRE-BIRTH & POST-BIRTH SERVICES

Hey mama-to-be! This is for you if you're dreaming of a calm, clear, and confident journey into birth and beyond. Together, we'll ditch the overwhelm, make a plan that feels just right for you, and get your home, heart, and support crew prepped—so when baby arrives, you're ready (not scrambling)!"

CHOOSE YOUR PACKAGE

READY, SET.....BIRTH! - \$500.00

Perfect if you just want the essentials done right – birth mapping, personalised prep, and the practical tools to feel organised, informed & ready for what's ahead.

Includes: 2 x 2 hour in home sessions including birth mapping + preparation of birth plan

POWER TO PEACE - \$1000

This package gives you space to prepare emotionally, create a flexible birth plan + prepare for postpartum.

Includes: 4 x 2 hour sessions, Ready, Set...Birth (above), Postpartum Preparation (lists included)

THE WHOLE SHEBANG: BIRTH & BEYOND - \$1700.00

For the mum who wants to feel fully held from bump to baby, this package covers birth prep, massage, postpartum planning & in-home support once baby arrives, so you're supported at every stage.

Includes: Power to Peace (above)
2 hour labour focus massage, 6 hours postpartum support (does not include in-labour birth support)



THE JUICY STUFF.....

Information | Education | Support

- “To do” roadmap
- Nursery Set Up
- Postpartum Essentials
- Meal Prep/Freezable E-book
- Homebirth Setup List
- What to pack in hospital bag
- Nesting List
- Access to all resources
- Birth Mapping + Birth Preparation
- Partner Birth Support
- Navigating the “system”
- Meal preparation
- Access to my lending library
- Postpartum E-books
- Partner’s in Postpartum
- Newborn Information/Education
- Feeding Support (Breast+Bottle)
- Siblings and “big feelings”
- Shared workload for couples

Home Postpartum Support

For additional in-home postpartum support, please see my postpartum offerings for package details.

**FREE NO OBLIGATION
PHONE CALL OR ZOOM
MEETING**



Michelle McKechnie
0419 571 387
michelle@perthdoulaservices.com.au
perthdoulaservices.com.au

