

Am I in Active Labour?



Early Labour Packages

2 PACKAGES!

These packages are designed for all levels of support from birth preparation, early labour support and postpartum support

Hey beautiful mama! If you'd love support through those early labour hours – knowing when to ring your midwife or transfer to hospital (without feeling rushed too soon) – this is for you. Feel nurtured, calm, and reassured as your labour begins.

SECURE YOUR SPOT!

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A Labour of Love

CHOOSE YOUR PACKAGE

CALM BEGINNINGS - \$1,000

“Because early labour doesn’t come with an instruction manual”

Every labour unfolds differently, and without guidance, it can be hard to know what’s happening. Is this early? Is it time? Should I wait or call? This package ensures you never feel like you’re navigating that uncertainty on your own.

♥ What’s included:

- Birth Education Session – practical, evidence-based tools to help you feel calm, informed, and confident heading into labour
- Phone/text support the moment things start shifting
- In-person presence to help you recognise progress with confidence
- Hands-on comfort, encouragement, and practical set-up
- Childcare support, snack prep, and keeping the environment calm and ready
- Guidance on the right time to call your midwife or transfer

Designed to give you confidence and clarity so you can step into active labour feeling prepared and supported.



CALM BEGINNINGS TO GENTLE POSTPARTUM - \$1,500

It’s the all-rounder for families who want reassurance in early labour and continued support after baby arrives.

♥ What’s included:

- Everything in Calm Beginnings
- 3 x 3-hour postpartum visits – hands-on support with meals, newborn care, emotional check-ins, household help, and space to rest and recover
- Ongoing reassurance as you transition into parenthood

