

# PERTH DOULA SERVICES

This is for the new mum who's giving everything to her baby, but needs someone caring for her too. I'll come to your home with nourishing meals, gentle support, a listening ear, and practical help, so you can rest, recover, and feel held in those early weeks and months.

## CHOOSE YOUR PACKAGE

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### A DOULA A DAY - \$380

#### 5 hours of in-home support

*Ideal for a mum who wants someone to care for her while she cares for baby.*

Includes:

- ✓ Birth debriefing
- ✓ Feeding support (breast or bottle)
- ✓ Full postpartum care (emotional, physical, practical)
- ✓ Light domestic duties (washing, tidying, etc.)
- ✓ Snacks + meal prep (if ingredients provided)
- ✓ Sibling Support
- ✓ Referrals + resources as needed
- ✓ A lot of love, spoiling, + those magical newborn cuddles
- ✓ Gentle guidance around newborn care, parenting + recovery

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### A DOULA A DAY WITH MEALS - \$500

#### 5 hours of in-home support

*Everything in A Doula A Day above, plus:*

- ✓ Freshly made breakfast, lunch + dinner for 2 people
- ✓ No need to lift a finger, just eat, rest, & recover



## 6 HOUR PACKAGE/NO MEALS - \$430

**Over two or three visits (travel distance pending)**

*Designed for flexible support across a few days.*

*Includes:*

- ✓ Full postpartum care (emotional, physical, practical)
- ✓ Feeding support (breast or bottle)
- ✓ Sibling support
- ✓ Access to my lending library
- ✓ Meal + snack prep using your ingredients
- ✓ Birth Debrief
- ✓ Massage or light bodywork if desired
- ✓ Gentle guidance around newborn care, parenting + recovery



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## 6 HOUR PACKAGE/WITH MEALS - \$680

**Over two or three visits (travel distance pending)**

*Everything in the No-Meals package above, plus:*

- ✓ 4 x family-sized meals or 6 meals for 2
- ✓ Breakfast/lunch/dinner combos avail
- ✓ Special dietary needs + requests welcome



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NO OBLIGATION CONNECT CALL  
OR ZOOM + 1 HOUR FREE  
PLANNING SESSION APPOINTMENT  
AT YOUR HOUSE



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# MEALS

## BREAKFAST - EXAMPLES

Chia Pudding  
Overnight oats  
Pancakes  
Crepes  
Bacon & Egg Wrap  
Vegetarian Wrap  
Fruit Salad  
Toasties  
Muffins (savory or sweet)

## LUNCH - EXAMPLES

Sandwiches or Rolls  
Soup of the week  
Toasted Foccacia  
Vegetarian Slice  
Spinach & Ricotta rolls  
Chicken & Salad  
Salad of the week  
Quiche

## DINNER - EXAMPLES

Shepards Pie  
Ginger Fried Rice  
Spaghetti Bolognese  
Curry & Rice  
Honey Soy Chicken/Rice/Choy  
Tuna Pasta  
Stir Fry Noodles  
Casserole  
Risotto  
Cabonara



**DIETARY REQUIREMENTS AVAIL**



**SNACKS AVAILABLE**



**SPECIAL MEAL REQUESTS AVAIL**

# PERTH DOULA SERVICES

**NEW BABY, NO TIME? I'VE GOT  
DINNER COVERED.**

## FREEZER DUMP BAGS!

Caring for a new baby is a full-time job. Eating well shouldn't be a luxury. My ready-to-freeze, slow cooker meals are crafted for postpartum recovery — full of real, nourishing ingredients to support your healing body and save your sanity.

A dump bag is a meal-prep shortcut. All you need to do is:

- ✓ Defrost and dump into the slow cooker
- ✓ Let it cook while you rest or cuddle your baby
- 🌟 That's it – dinner's done.





# Postpartum Slow Cooker Dump Bag Packages

## HIGH FIVE MEALS FOR MAMA - \$320

### 5 Nutritious Postpartum Dump Bags

*Dinner sorted for those tricky days*

- ✓ Thoughtfully crafted for postpartum nutrition
- ✓ Anti-inflammatory, iron-rich & dairy-free options
- ✓ 5 full meals per package
- ✓ No extra preparation. Just freeze and slow-cook later
- ✓ Minimal cleanup, maximum comfort



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## NOURISH & NUTURE - \$600

### 3 hours of in-home support 5 Freezer Dump bags

*"For the tired, busy mum who needs nourishing meals and a chance to rest – five home-cooked meals plus three hours of hands-on support."*



- ✓ 3 hours Postpartum Support
- ✓ Thoughtfully crafted for postpartum nutrition
- ✓ Anti-inflammatory, iron-rich & dairy-free options
- ✓ 5 full meals per package
- ✓ No extra preparation. Just freeze and slow-cook later
- ✓ Minimal cleanup, maximum comfort



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## UPGRADES AVAILABLE ON REQUEST!

NO OBLIGATION CONNECT CALL  
OR ZOOM



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# MEALS

## DUMP BAG - EXAMPLES

Serves 4 people

- Chicken Tikka Masala
- Beef Goulash
- Sweet Potato & Peanut Butter Stew
- Slow Cooker Beef Curry
- Honey Garlic Chicken
- Chicken & Chorizo Stew
- Slow Cooker Chilli Con Carne
- Cream of Vegetable Soup
- Chicken Curry

## FREEZABLE TODDLER SNACKS TO ORDER



## DIETARY REQUIREMENTS AVAIL



## SNACKS AVAILABLE



## SPECIAL MEAL REQUESTS AVAIL