

2. PREPARE & CARE PACKAGE

(No Birth Attendance)

This package is perfect for those who want to enter labour and birth feeling confident, knowledgeable, and empowered, while keeping this precious moment just for the two of you. We'll discuss your visions for your birth and postpartum period, and how your partner can best support you during your labour. I'll be there to nurture and nourish you during the postpartum period.

- **Three 2-hour antenatal sessions** to prepare you and your birth partner with essential knowledge and skills, covering topics such as:
 - Understanding the stages of labour and how to navigate them.
 - Pain relief techniques, including TENS machines, movement, and relaxation tools.
 - How to create an oxytocin-rich birth environment.
 - Partner support strategies to help them feel confident and involved.
 - Postpartum preparation, including setting realistic expectations for recovery.
 - Includes a personalised birth preferences pdf to help you advocate for your choices confidently.
- **A one-week postpartum care package** door drop to nourish and support you in the early days.
- **TWO 3-hour postpartum visits** within the first 12 weeks, offering:
 - Hands-on care, emotional support, and tailored guidance for your recovery.
 - Nourishing postpartum meal packages with healing foods, snacks, and easy-to-eat one-handed breakfasts to support your recovery and energy.
- **Continuous emotional support** via phone and email throughout your pregnancy and postpartum journey.
- **Access to resources, including:**
 - A curated selection of books and a local resource list to support your learning and preparation.

Price: \$1130.00

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