

I. TOTAL CARE VIP PACKAGE

For comprehensive support throughout your pregnancy, birth, and postpartum journey, this package includes:

- **Three 2-hour antenatal sessions** to educate, prepare, and empower you and your birth partner, including:
 - A personalised birth preferences plan so you can advocate confidently.
 - Access to evidence-based research, resources, and my library.
 - learn how to navigate the system and the choices you have.
 - Postpartum planning
- **Option for me to attend a hospital or care provider appointment** with you to meet your birth team and help ensure your preferences are clearly communicated.
- **A 38-40 week face-to-face catch-up** and wellbeing check-in to support your final weeks of pregnancy.(This could be setting up your home birth space)
- **On-call support 24/7** starting from 38 weeks until your baby arrives—because birth doesn't follow a schedule.
- **In-person labour and birth support:**
 - Continuous physical and emotional support for you and your partner.
 - Guidance using tools like the TENS machine, rebozo, aromatherapy, birth combs, and birth sling to create an oxytocin-filled and calm environment.
 - Access to any of my tools, including the TENS machine, birth sling, rebozo, birth combs, aromatherapy oils, and more
 - Advocacy to ensure your birth preferences are respected and followed.
 - Hands-on support for comfort measures.
 - Encouragement and strategies for a positive birth, empowering both you and your partner.
- **A one-week postpartum care package door drop** to nourish and support you in the early days.
- **Postpartum Visits TWO 3-hour visits:**
 - Hands-on care, emotional support, and guidance tailored to your needs.
 - Home cooked nourishing postpartum meals and snacks, plus easy-to-eat breakfasts.
 - Light housework and sibling support to help your family adjust.
 - A gentle birth debrief to process your experience and reflect on your birth journey.
 - Personalised guidance to help you thrive in the first 12 weeks postpartum.
- **Ongoing emotional support** via phone and email throughout pregnancy and postpartum, because the journey doesn't end after the visits.

Price: \$2000

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