

3. POSTPARTUM BLISS PACKAGE

Focused on your transition to parenthood, this package provides essential care and support during your fourth trimester, allowing you to feel nurtured and confident.

- **One in-home 2-hour postpartum planning session** Together we'll create a personalised plan for your postpartum period and prepare your home and support systems before baby arrives.
 - **Regular check-ins during pregnancy and ongoing emotional support** via phone and email throughout the postpartum period.
 - **A one-week postpartum care package door drop** to nourish and support you in the early days.
 - **Carefully chosen postpartum gifts and support items** throughout your care to nurture you during the early weeks.
 - **In-home postpartum support divided into THREE 3-hour visits**, focusing on caring for the mother while supporting the whole family.
 - **Nourishing meals provided during each visit**, helping to fill your fridge and support your recovery.
 - **Practical hands-on support**, including newborn care, light household help, holding baby while you rest or shower.
 - **Emotional support and a gentle birth debrief** to help process your birth experience.
 - **Sibling support**, helping older children feel included and supported during the transition.
 - **Access to my lending library and trusted local resource list** for additional support.
- support you during your postpartum recovery.

Price: \$1250

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