

WHAT'S INCLUDED IN THE POSTPARTUM VISITS?

Postpartum visits are designed to support you during the critical fourth trimester. They include, but are not limited to:

- **Mother centered care**, based around your needs and wants each visit. There to mother the mother and ensure your cup is full.
- A detailed **birth debrief** to process your birth experience.
- **Emotional support** tailored to your needs.
- Practical **recovery support** to aid your healing process.
- **Nutritious meals and snacks provided at each visit** to fill your fridge and freezer — nutrient-dense options that fuel your recovery and keep the whole family nourished.
- **Assistance** with feeding, baby settling, bathing and sleep.
- Help with light **housework** and household tasks.
- **Meal prep** and cooking to ease your daily load.
- **Newborn care**, I will lovingly tend to your baby while you shower, rest or have some time to yourself/with your partner or other kids.
- **Sibling support** available during visits, ensuring your older children feel cared for while you rest and recover. I also bring along small surprises and facilitated activities to keep little ones engaged and happy while you have some time for yourself.
- **Accompaniment to appointments** or outings to build your confidence as a new mum.
- Each doula package includes special, **handpicked gifts** for Mum throughout her experience
- **Recommendations** to allied healthcare professionals who can provide additional support during your postpartum recovery.

a Doula's Touch