



emily
the
doula

Investment Guide

Hello there, you!

I'm so glad you got in touch to find out a little more about the services I offer and that you are considering me as your postpartum doula!

In this guide you'll find my packages. I offer full postpartum care, online support via video calls and one off 3 hour mini doula sessions.

The beauty of this work is I can create a service that is fun, dynamic and tailored to what you need, moment to moment. I am all about creating an offering that suits you and your family. You'll see examples of what my packages include but I want you to know that often we won't know what you need until we are in the thick of your postpartum journey. And I love that.



We are meant to move through this intensely giving and vulnerable time of new parenthood surrounded by community, never alone. There are so many reasons why having that 'village' is hard to achieve these days and I totally get it. My first postpartum experience was very lonely, exhausting and full of so many challenges and I don't want that for you.

I've always worked with young babies, children and their families, there's something about being a part of and supporting another family unit that gives me such great pleasure and fulfillment. I'm here to support all types of beautiful families, however that might look for you.

I'm excited to meet you and I'd be honoured to be a part of your community.



Full Postpartum Care Package



The days after birth can feel like waking up in a completely different world. I'm here to hold you, your baby and your new little family through it all while you find your feet.

I will be there to give you deep support so you can get to know your new bub in a container that is filled with love, nourishment, connection and real empathy.

This is a beautiful and precious time but it can be equally as gruelling. It takes time to learn your baby's signs, establish a feeding relationship, adjust to a strange new 24 hour clock and put in place boundaries with your loved ones. As your postpartum doula I'll help you with all of this. I'll also help you to recognise the lessons that you are learning along the way so they will continue serving you through your whole parenting life.

What I do for each family will look different, but at the core I will make sure you are feeling nurtured physically, emotionally and spiritually.

Everytime I see you, we will talk, like *really* talk. I want to understand where you are at, how you are feeling and how I can best serve you that day. I will arrive with a delicious meal and snacks to keep you energised through the day and those long marathon nights. Maybe you need me to snuggle your wee bubba while you shower, sleep or whatever makes you feel good. I can tidy your house, change your sheets or play with your other kids while you catch a break with your teeny one. Whatever suits you.

If you need any help with feeding or any baby care, I am your person! I have two kids of my own and am still nursing my littlest one. I've experienced many different feeding issues along the way and have lots of tricks up my sleeve and trusted professional referrals.

These are just a few examples of things that I can help with but I tailor my services to what you need. Typically I'll be with you for the first 6 weeks. Maybe you want me for a couple hours a week over a longer period or maybe more intensively for a shorter period, it can all be done.





\$2,000

Package Inclusions (but not limited to)

- **1 x 1.5 hour postpartum planning session in your home or let's go to lunch... up to you!**
- **Unlimited text & phone support during our time together**
- **Trusted referrals, if required**
- **6 x 3 hour postpartum visits including;**
 - Food + drinks - each visit I'll arrive with delicious meals, snacks + drinks
 - Run errands + I'll pick up coffee and your favourite treats
 - Debrief your birth experience
 - We'll go over newborn care & work through any issues you're facing
 - Baby feeding support (breast/ chestfeeding & bottle feeding)
 - Massage + movement + foot baths
 - Housework; tidying, folding washing, changing sheets etc
 - Child minding, if required
 - Babywearing session + carrier library loans
 - Cloth nappy introduction (if this is of interest)
 - Loans from my parenting/ postpartum book library

If we're not ready to untangle from each other's lives at the end of the specified period, it doesn't have to end! Book me for another week or two.

Mini Doula Sessions



My mini doula session is a 3 hour visit to your home, I'll check in with you prior by phone to figure out what you feel would help the most. I'll bring a delicious and healing meal, give you some respite and leave your house tidy. This is also a great option if a loving family member or friend wants to buy you a deeply supportive gift that will really make a difference to you in your postpartum.



\$300

Package Inclusions (but not limited to)

- **1 phone call to organise our session together**
- **3 hours of postpartum support, in your home including;**
 - A delicious meal + snack + drinks
 - Housework; tidying, washing, changing sheets etc
 - Child minding, if required
- a chance for you to catch up on sleep, have a bath, get out of the house (or whatever makes you feel good) while I care for bub
- Baby feeding support (breast /chestfeeding & bottle feeding)
- 7 days of text message support

A woman with long, wavy brown hair and bangs is sitting on a bed, smiling as she looks at a laptop. She is wearing an orange short-sleeved top and a light-colored skirt with a ruffled hem. The background is a simple, light-colored wall.

\$75

Are you having a wobbly moment and need some quick support to guide you back to a place of feeling powerful and excited? Maybe you want some help planning a wonderful postpartum?

Let's chat about it all.

These are 1 hour long video calls where we can talk through whatever you wish.

I know pregnancy can bring up a lot of things as you navigate so much newness. I've been there and I often felt like there just wasn't enough contact time with care providers to answer all my questions as they came up. We can also use this time to plan your postpartum whether you are employing my postpartum services or not. We can talk through the support you have, what's missing, who is going to be there to show up for you and what they can do to make this period deeply healing.

I can't wait to chat with you!