

# Postpartum Doula

POWERFUL SUPPORT  
CREATES POWERFUL MOTHERS.

Postpartum is an incredibly important, vulnerable time in a woman's life where she needs rest, space, peace, love, & nourishment to care for her newborn and rebuild herself as a strong, capable mother. The "motherbaby" is one entity, slowly transitioning from being literally one body to two new separate beings over the next year or more. Motherbaby needs & deserves respect, sacred space & understanding.

In other cultures it is normal for women to rest and recover for 30-40 days postpartum. You have just grown a human out of your own body and resources, you have a raw womb and yoni to heal, and you have been through the most physically, emotionally, mentally & spiritually transformational experience of your life.

"Bouncing back" is a damaging goal and expectation. The truth is you will never be the same. Postpartum is the beginning of *matrescence*—a sacred portal that requires deep support so you can re-orient yourself & reap the gifts of your rite of passage: resilience, creativity, meaning & confidence.

It takes a village. In the absence of a village it takes dedication, planning and a willingness to challenge cultural ideas and expectations about birth recovery and being a mother & woman. I offer support & resources to help you build a village and access the most support you can for your individual situation & vision for your postpartum.

## Postpartum Offerings

- **Postpartum planning** for your recovery and optimum family bonding. We will explore and support your vision for bonding and postpartum, including the golden hour, meeting the needs of newborn mothers, how to find support and build your village, and integrating your birth, baby & new identity.  
\$350 / two sessions
- **Home visits** to provide hands-on support for your postpartum period. *(See overleaf for more details).*  
Start from \$250 / visit
- **'New Mama Meals'** postpartum meal service to support your first week of recovery, healing & breastfeeding. Ayurvedic-inspired kitchari, broths, stews, porridges, treats & teas ready for your care team to simply heat & serve with love.  
\$600 / 5 days of motherbaby meals
- **'Fill the Freezer'** postpartum meal service so you feel sorted on the food front while you soak up your 40 days. Nutrient-dense & mama-centric but family friendly. *Standard or custom packages available.*  
From \$850 / 7 family-sized meals / 34 serves
- **Yoni steaming** herbs and how-to. Steaming for 30 days postpartum supports and speeds up your recovery & is a beautiful self-care practice to reconnect with your body & spirit.  
\$180 / set up & supply for 30 days
- **Closing the Bones ceremony** is a private ritual to close your birthing rite of passage with warmth, massage, energy healing & traditional rebozo wrapping. *Gift certificates available.*  
\$280 / 2-3 hour ceremony
- **Birth story medicine** for you and/or your partner. Birth is powerful medicine and sharing your story can help heal and provide insight into the life path of both yourself & your child.  
\$130 / session

# MOTHER CARE

*The best & only way to care for babies  
is to care for mothers.*

A baby needs nothing but it's own mother. The best way to care for babies is to care for mothers.

In other cultures it is normal for women to rest and recover for 30-40 days postpartum. This special time has many names; 'sitting moon', 'lying in', '*la cuarentena*' or just 'postpartum confinement'. Many women like to follow the 5-5-5 rule: '5 days in the bed, 5 days on the bed, 5 days around the bed'.

A great, well-supported postpartum is the best start you can possibly give yourself as a mother. Taking this time to rest, bond and recover positively impacts your baby's life story, your own identity, and ensures your ongoing health and vitality in your life, future pregnancies, and menopause.

Home visits from a postpartum doula gives you hands-on help for your postpartum period. The frequency, duration and content of these visits is personalised but can include housework, cooking, baby care, company, and healing for your postpartum body, mind, heart and soul.

## Home Visit Options

- **COOKING** to nourish you and/or your family. This can be family or postpartum meals for your fridge or freezer, one-handed snacks to support breastfeeding, and/or meal-time cooking and food prep.  
*Postpartum food packages available separately*
- **CLEANING** and housework to ease your mind that everything is still taken care of while you rest. Usually includes light jobs such as dishes, laundry, picking up and putting away, and anything else that needs immediate attention or just makes you feel better when it's done!
- **HEALING** for your body, mind, heart and soul. Options include emotional & spiritual support, herbal and nutritional guidance, yoni steaming, energy work, ritual and other ways to help you process and integrate your fertility, pregnancy, birth and motherhood journey.
- **CARING** & company. 'Mothering the mother' is an important part of postpartum care, and sometimes it just helps to know someone encouraging will be over to listen and care, offer women's wisdom, and share a cup of tea along with some time-tested and practical answers to your postpartum concerns.
- **HELPING** out with an extra pair of hands to be with your baby and/or other children while you take a shower or nap, get in some yoga or meditation, spend some one-on-one with your partner, etc.
- **LEARNING** and resources for your motherhood choices such as breastfeeding, nutrition, baby wearing, co-sleeping, elimination communication, & conscious parenting.
- **LISTENING** to you and/or your partner to help you integrate, understand & embody your experiences.

\$250 / 2 hour visit  
\$650 / spend the day  
\$900 / overnight support

*All visits include a nourishing postpartum meal & tea  
Travel is charged at .90c/km outside Hamilton.*

PACKAGES & GIFT CERTIFICATES AVAILABLE