SOULA

Postpartum Doula

Body, Heart & Soul cares to support your recovery, rite & rise as mother.

There is nothing more sacred than a mother.
As the portal through which future generations flow, mothers are the most precious centre of all healthy families, communities & cultures.

Your birth is the beginning of *matrescence*—
a transformation of identity that requires deep support so you can re-orient yourself & reap the gifts of your rite of passage: resilence, creativity, meaning & confidence. The immediate postpartum is a vital, vulnerable time where you will need rest, space, peace, love, & nourishment to care for your newborn and find your feet as a strong, capable mother.

"Bouncing back" is a damaging goal and expectation. The truth is you will never be the same. 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.

You are now a "motherbaby"—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.

Other cultures recognise this with postpartum traditions that support the mother to rest and recover for 30-40 days. This special time has many names; 'sitting moon', 'lying in', '*la cuarentena*' or just 'postpartum confinement'.

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 & menopause.

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.

Being truly met, valued & nourished in our transition to mother (or mother-again) is the most radical & important thing we can do for ourselves, our children & our world.

Postpartum Offering

For your BODY

A **weekly home visit** (2-3 hours) that always includes:
A nourishing postpartum meal
A breastfeeding snack
Mother Warming tea

Womb & rebozo massage
Yoni steaming—herbs & how to
Herbal brews & balms
Homeopathic support
Extra hands if you need them—for house jobs, errands, etc

For your MIND

On call for all your questions, worries & sharings
Resources to support your mothering choices
Help finding strategies & solutions that feel right

For your HEART

Wise-woman soul chats to reflect on & deepen your days
Support for your partner to better-support you
All the reassurance & encouragement!
Thoughtful, just-for-you extras

For your SOUL

Spiritual support to integrate & embody your experiences
Seeing & celebrating you in your rite of passage & rebirth
Birth story medicine
Ritual & ceremony
Energy work

♥

6 WEEKS / $2700
PAYMENT PLANS AVAILABLE
Travel costs apply outside of Hamilton ($1.05 / km)

POSTPARTUM CARE IS ONLY AVAILABLE FOR PAST & NEW BIRTH CLIENTS

♥ Truth, power, love.