

Postpartum Doula

PHILOSOPHY

Postpartum is an incredibly important, vulnerable time in a woman's life where she needs rest, space, peace, love, and nourishment to care for her newborn and rebuild herself as a strong, capable mother.

"Bouncing back" is a damaging goal and expectation. 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 and spiritually transformational experience of your life.

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 and deserves respect, sacred space, and understanding. A baby needs nothing but their own mother. The best and only way to care for babies is to care for mothers.

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 and woman. I offer support and resources to help you build a village and access the most support you can for your individual situation and 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 7 needs of newborn mothers, how to find support and build your village, and integrating your birth, baby and new identity.
\$330 / two sessions
- **Home visits** to provide hands-on support for your postpartum period. The frequency, duration and content of these visits is individualised but can include housework, cooking, baby care, and healing for your postpartum body, mind, heart and soul.
\$55 / hour
- **Soul sessions** in person or on Zoom to process your birth and/or support your emotional and spiritual healing and mothering.
\$110 / session
- **Yoni steaming** herbs and how-to. Steaming for 30 days postpartum supports and speeds up your yoni and pelvic recovery, soothes and heals swelling and tears, nourishes and tones your vagina and uterus, clears lochia much faster, and is a beautiful self-care practice to reconnect with your body.
\$100 / set up & supply for 30 days
- **Bliss Basket** full of handcrafted goodies to pamper yourself or your favourite postpartum mama. All the practical little extras to spoil her, soothe her and speed her recovery, including tea blend, sitz bath/peri spray, nipple balm, reusable nursing pads, massage butter, postpartum recovery booklet, visitor signs, and tasty treats! A great gift group gift for mother blessings and baby showers.
\$220 / basket
- **Birth story listening** for you and/or your partner. Processing past birth experiences is important for everyone but particularly if your birth was traumatic (trauma is defined by *you*).
Offered as a gift

Mother Care

PHILOSOPHY

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.
- **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** and 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, and conscious parenting.
- **Birth story listening** for you and/or your partner to help you integrate, understand and embody your experiences. It is said that the lessons from the birth are needed for the mothering!

2 hour visit / \$110

4 hour visit / \$220

8 hour visit / \$440

Overnight / \$600

PACKAGES & GIFT CERTIFICATES AVAILABLE

Travel is charged at .90c/km outside Hamilton.