



Menu of Services

• OR "OFFERINGS" •

Daytime Postpartum Support Sessions: 4 hours in length between the hours of 10am and 8pm. This is time you and I specifically dedicate to your postpartum experience, needs, wants and concerns. Sometimes this time is spent practicing a latch, sometimes its sitz baths and a nap, sometimes its cooking you nourishing meals, belly binding....the possibilities are endless. These sessions are focused on honoring your needs and support as you find your new parenting legs.

Overnight Support Visits: 8 hours in length between the hours of 10pm-6am or 9pm-5am. These visits are meant as a welcome relief for what is surely coming...a human newborn. We will work together to figure out the best arrangement to support your rest as well as your newborns nighttime needs. I will happily stay awake as needed by you and baby but will also sleep while you and baby are snoozing. These visits can also be used to "troubleshoot" any nighttime struggles or give your partner some extra confidence with helping at night.

BASIC

ALL Daytime
 Week One: 2x
 Week Two: 2x
 Week Three: 1x
 Week Four: 1x
 Week Five: 1x
 Week Six: 1x

1260

NOT SO BASIC

Week One: 3x
 Week Two: 3x
 Week Three: 2x
 Week Four: 2x
 Week Five: 1x
 Week Six: 1x
+3 Overnight Support Visits

2376

NOT BASIC AT ALL

Week One: 3x
 Week Two: 3x
 Week Three: 3x
 Week Four: 3x
 Week Five: 2x
 Week Six: 1x
+8 Overnight Support Visits

4100

BASIC...AFTER DARK

ALL Overnight
 Week One: 3x
 Week Two: 3x
 Week Three: 2x
 Week Four: 2x
 Week Five: 2x
 Week Six: 1x

3900

****There is a 25% non-refundable retainer fee due at the time of booking. The remaining balance will be invoiced postpartum*
 If you don't see something that works for you here please let me know and we can customize as needed ****