



All Dear Doula Postpartum Packages include:

- Dear Doula Postpartum Self-Care Kit
- Full email, text and phone support from the time we decide to work together through infinity and beyond ;)
- Placenta and discounts on all Dear Doula offerings and products

Breastfeeding Checkin // 1 home visit // \$50

This option is exclusively available to current Dear Doula Labor Doula Clients This is a one-time, in-home visit to help breastfeeding get off to a solid start and/or to address any concerns or issues you may be having. This visit lasts approximately 2 hours and is typically scheduled between day 3-5 postpartum.

Early Days Package // 2 home visits // 5 hours of care // \$225

This is a simple check-in during your early postpartum days to make sure the family is settling in well. I typically cover the topics of newborn care, normal newborn behavior, baby-wearing, postpartum mental health, and any questions or concerns you may have. For breastfeeding parents, we spend a good bit of time making sure you're getting off to a great start. This package includes one prenatal phone consultation as well as phone and email support throughout pregnancy and your first few postpartum weeks. We schedule 2 home visits, usually within the first week following your birth.

Each visit will last approximately 2.5 hours. This allows us to address initial concerns and then follow up a few days later. We are also able to help with referrals to other resources (mental health professionals, chiropractors, physical therapists, parent support groups, etc).

The First Few Weeks Package // 4 home visits // 12 hours of care // \$640

A great option for parents who anticipate needing a little extra help over the first few weeks at home and would like to establish consistent care. I will come to your home for 4 visits (3 hours each) during your first couple of weeks home to support the family and teach the basics of breastfeeding, newborn care, soothing skills, interpreting cues, and providing recovery time for new mothers. This is often an option chosen by first-time parents, families with other young children at home, or those who are recovering from a difficult birth.

Rate by the hour

\$50 (3 hour minimum)