

Dear Doula

POSTPARTUM SUPPORT

# Postpartum Support

Whatever your birth looked like, I care for you and your family in the season that follows. Every postpartum package includes the essentials below.

## Every postpartum package includes

- The Dear Doula Postpartum Self-Care Kit
- Full email, text, and phone support from the moment we begin
- Discounts on all Dear Doula offerings and products

## Breastfeeding Check-in

**\$50**

1 HOME VISIT

A one-time, in-home visit to help breastfeeding get off to a solid start, or to work through any early concerns. About two hours, usually between day three and five. Available to current Dear Doula birth clients.

## Early Days

**\$225**

2 HOME VISITS // 5 HOURS OF CARE

A gentle check-in through your early postpartum days, to make sure your family is settling. We cover newborn care and behavior, baby-wearing, postpartum mental health, and whatever is on your mind. For breastfeeding parents, we spend real time getting you off to a good start. Includes a prenatal phone consult and phone and email support through your first few weeks. Two home visits, usually in the first week, about two and a half hours each. I can also connect you with other resources: mental health professionals, chiropractors, physical therapists, and parent groups.

## The First Few Weeks

\$640

4 HOME VISITS // 12 HOURS OF CARE

For families who want a little more, and consistent care. Four visits, three hours each, across your first weeks home. We cover the basics together: breastfeeding, newborn care, soothing, reading your baby's cues, and giving new mothers room to recover. A favorite of first-time parents, families with other little ones at home, and anyone healing from a hard birth.

Rate by the hour

\$50

three-hour minimum

READY WHEN YOU ARE

## Let's talk over tea.

The best place to start is a relaxed conversation. Tell me where you are in your journey, and we'll find the right way for me to support you.

[Book a virtual tea](#) or [hello@deardoula.love](mailto:hello@deardoula.love)