



ILLOURA BIRTH DOULA PACKAGES





WELCOME

I'll be your pregnancy & postpartum Doula, my wish for you is to feel supported, educated and empowered during your pregnancy. Then, supported, rested and nourished during your postpartum period. My tailored packages have been designed to suit you in whatever capacity you need me in. I am here for you!

Vanessa

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BIRTH SUPPORT

As your dedicated birth doula, my primary goal is to ensure you feel supported, educated, and empowered during this transformative time.

Pregnancy is a remarkable and personal experience, and my commitment is to stand by your side, offering guidance, encouragement, and a wealth of knowledge to ease any uncertainties.

From prenatal education to emotional support during labour, I am here to ensure you feel confident and empowered as you approach the joyous moment of childbirth.

Birth is unique to each person, and family. I am committed to supporting you on the journey no matter what that looks like.

My birth support includes hospital and homebirth, along with elective caesarean birth. (Please note, I do not support freebirths due to other qualifications I hold).

Full Birth Support
\$2200

Caesarean Birth
Support
\$1400



BIRTH SUPPORT



WHAT IS INCLUDED

Comprehensive Doula Support Package:

I am excited to offer you a personalized support package that includes x2-3 in-person visits during your pregnancy, ensuring that we can connect on a personal level and address any questions or concerns you may have. When the moment arrives, rest assured that I will be available via phone, text, once your labour begins and then join you in-person once your labour establishes, with on-call availability from your 37th week.

Access to Illoura Birth Antenatal Resources:

As part of this package, you will gain exclusive access to Illoura Birth antenatal resources, enriching your knowledge and preparation for the upcoming birth. Additionally, I will provide personalised birth education sessions in the lead-up to your birth, ensuring you feel confident and well-informed.

Special Offer on Hypnobirthing Classes:

To further enhance your birthing experience, all doula clients will receive a 50% discount on hypnobirthing classes if you choose to attend. This opportunity is aimed at providing you with additional tools and techniques for a positive and calm birthing experience.

Ongoing Support Throughout Your Journey:

Your journey is my priority, and I am here for you every step of the way. You will have access to my support via text, phone, email, and Zoom throughout your pregnancy, offering you the convenience and assurance of continuous communication.

Postpartum Visit:

Following the birth, a postnatal visit in the comfort of your own home will allow us to debrief and ensure a smooth transition into the postpartum period.



EARLY POSTPARTUM PACKAGES

Early postpartum is the time from when your baby is born up until the 12-week mark following birth.

This period is typically called the fourth trimester and is a time for the mother to heal through nourishment and rest, along with focusing on getting to know her baby.

In my early postpartum packages, sessions are tailored to your needs. You may feel you will benefit from just a single session or a longer support package, ranging from 3 weeks to 6 weeks. Whatever your needs are, I am here to help you through this transition.



ONE

3 SESSION SUPPORT

In this 3-session package, I will support you as you transition into parenthood. Before your baby arrives, you will receive my 10-page postpartum planner that you can work through with your partner or support to ensure you are set up for postpartum. Before your baby arrives, we will discuss your needs and wishes for postpartum. This will allow me to focus on your individual needs in each session. Once your baby arrives, your three sessions will begin once you arrive home and feel settled. Your three postpartum sessions can be used how you like (weekly or twice weekly).

Each session is tailored to your needs on the day and may involve things like caring for your baby while you take a self-care break, supporting you with guidance around feeding your baby, settling and sleeping, along with attending light household duties and providing a nourishing meal or snack in each session. We will also have time to debrief about any of your concerns. I will be your listening ear for any expressed worries or feelings you need to open up about.

Investment: \$950 (each session is 2-3 hours & must be used within the first 4 weeks following birth)

6 SESSION SUPPORT

In this 6-session package, I will be there to support you as you transition into parenthood. Before your baby arrives, we will spend a two-hour session going through your post-partum plan and how best we can support you in each session, along with supports and ideas to have in place for your fourth trimester. Each session after your baby is born can be tailored to your needs on the day and may involve things like caring for your baby while you take a self-care break, supporting you with guidance around feeding your baby, settling and sleep. Along with attending light household duties and providing a nourishing meal or snack in each session. We will also have time to debrief about any of your concerns, I will be your listening ear for any expressed worries or feelings you need to open up about. Your 5 postpartum sessions can be used how you like (weekly or twice weekly).

Investment: \$1,750 (each session is 2-3 hours & must be used within the first 6 weeks following birth)



THREE

SINGLE SESSION

In this single consultation, I am here to support you as you need on the day, that may look like you are taking a rest while I care for your baby. Setting up or restocking your breastfeeding/newborn caddy. Taking the stress away by attending light household duties or simply sitting with you and being the listening ear if you need to debrief or express worries. Your questions can be answered with newborn cares or ways to settle and understand your baby. If you need help finding local resources, we can dive into this and arrange any appointments.

Investment: \$350 (2-3 hours in home support)

FOUR

VIRTUAL SUPPORT

In this single support session, we can go over anything that you wish, this may look like discussing your postpartum care or simply answering those burning newborn questions around settling, feeding and sleeping. If you require help with feeding or other services I can help get you in contact with trusted professionals.

Investment: \$120 (60 minute session)

Thank you for considering me as your doula. I am genuinely excited about the opportunity to contribute to your journey and provide the support and knowledge needed for a positive transition into parenting.