

PACKAGE **NEWBORN CARE**



www.illourabirth.com.au



Hi, I'm Vanessa!

I'm so thrilled you're looking to add in additional support as you transition home with your new baby.

As a paediatric nurse for 14 years, specialising in critical care predominately caring for newborn babies, and having had three babies myself, I know just how overwhelming those early days (and nights!) with a new baby can feel.

Beyond my nursing background, I'm also a trained doula with a real passion for supporting parents as they transition into life with their baby. It's not just about caring for your baby, it's about making sure you feel supported, well-rested, and confident as you find your rhythm.

WELCOME



ABOUT VANESSA

My qualifications are well versed to help support you on this journey.

- Registered Nurse with AHPRA Victoria
- Advanced Life Support Trained (aka I've got the basics + more)
- Current Working with children's check
- Doula Training Academy Graduate - certified birth and postpartum Doula
- Childbirth Educator
- Breastfeeding Educator

EVENING SERVICES OFFERED

Nights with a newborn can be exhausting, but you don't have to do it alone. My Nighttime Support Service offers hands-on care for your baby while you get the rest you need. Whether it's assisting with night feeds, settling your baby, or supporting breastfeeding. I'll be there to help. Light household tasks and breakfast preparation are also included, so you can wake up feeling refreshed and supported.

01

Witching Hour Service, Flexible Timings 5.30pm - Midnight (Price \$350-\$500)

This is a time that can cause a lot of overwhelm in parents. As your evening nurse, I will begin at 5.30pm and can have your dinner organised. Following this we can spend time going over any settling or feeding concerns. If you wish to take some time to rest while I am present, I can care for your baby.

Timings are flexible to your needs (see times and prices below)

- 5.30pm - 9pm \$350
- 5.30pm - Midnight \$500

02

Overnight Support 9pm-6am (price \$750)

Your overnight support will include me caring for your newborn while you get some much needed rest. If you're breastfeeding your baby, I will gently wake you and then settle your baby afterwards. This service does include household duties that can be completed quietly and preparation of breakfast. Whether you prefer me to stay in the room with your baby or provide guidance while you sleep nearby, I'll ensure you feel confident and rested through the night.



DAYTIME SERVICES OFFERED

Daytime services can be offered depending on the level of support you wish to have. I will be there to help care for your baby while you rest, or this may look like helping you through unsettled periods and feeding challenges with your baby. Let me help reduce your mental load as you transition.

01 Newborn and Breastfeeding Support - 1.5 hours (Price \$150)

This one-on-one session is designed to support you in the early weeks of parenthood. Whether you're seeking guidance with breastfeeding, troubleshooting challenges like latch issues or low supply, or navigating common newborn behaviours such as unsettledness or sleep, this session offers practical, evidence-based support to help you feel more confident and calm.

02 Self-care for mum Support - (price - \$220)

This 2-hour session is all about you. Whether it's a quiet bath, a nourishing nap, or simply a moment to breathe, I'll support you in whatever helps you feel most cared for. That might look like me taking baby for a walk, preparing a calming bath, or offering a relaxing foot massage, whatever you need to rest and recharge.

POSTPARTUM SUPPORT

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.

Postpartum Care for Mum & Baby - 2-3 hour sessions (Price \$990-1790)

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 sessions will begin once you arrive home and feel settled.

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.

3x Postnatal sessions - \$990

6x Postnatal sessions - \$1790



NEXT STEPS



I would love to help support you during this transition. Let me become a part of your village, because you were never supposed to do this alone.

Reach out via email or submit your form via the website.



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