

Postpartum Doula Support Packages

We provide customized postpartum support. We will have an in-depth consultation with you to determine what your needs are, how many hours would be beneficial to your family and which doula(s) would be a good fit.

Minimum day shift - 4 hours

Maximum day shift - 8 hours

Packages

1 Postpartum Planning Session

4 hrs/day

3 days/ week

4 weeks

\$2,000

1 Postpartum Planning Session

4 hrs/day

2 days/ week

4 weeks

\$1,300

1 Postpartum Planning Session

4 hrs/day

1 day/ week

4 weeks

\$650

Bundle Packages

55 hours

2 Plant based Freezer Meals
2 Postpartum Smoothies or Juices
Breastfeeding 101 Course
90 Min in-home massage
5 yoga sessions
\$2,500

35 hours

1 Plant Based Freezer Meal
1 Postpartum Smoothie or Juice
60 Min Massage
1 Yoga session
\$1,600

20 hours

1 Postpartum Smoothie or Juice
1 Yoga session
\$800

Don't see package or bundle that fits you?

No worries we can customize for you!

www.mothermebaby.com

"So how do I start the process?"
I'm glad you asked! Let me break it down the process step-by-step...

Step 1:
Fill out the client intake form
[client-intake-form](#)

Step 2:
We will get your form in our email and
either email you back or call you within 1-2 business days (usually much
sooner tbh)

Step 3:
Tell us what you need and how we can help!

Step 4:
We will send you our contract and an invoice. Just
sign and pay the deposit amount!

Step 5:
We will send you a doula ASAP!

Step 6:
Enjoy the peace of mind that comes from having a professional and
compassionate doula help you!