

Mother Me Baby 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
\$2,400

1 Postpartum Planning Session
4 hrs/day
2 days/ week
4 weeks
\$1,600

1 Postpartum Planning Session
4 hrs/day
1 day/ week
4 weeks
\$800

Bundle Packages

45 hours Postpartum Support
14 Plant-based Meals
3 Postpartum Smoothies or Juices
Sacred Womb Talk Access
\$2,500

30 hours Postpartum Support
7 Plant-based Meals
2 Postpartum Smoothie or Juice
Sacred Womb Talk Access
\$1,625

15 hours Postpartum Support
3 Plant-based Meals
1 Postpartum Smoothie or Juice
Sacred Womb Talk Access
\$800

Plant-based Meal Prep & Delivery Packages

Delivery days Thursday & Sunday between 1-5pm
excluding holidays

New menu every Monday

No Planning. No shopping. No cooking. No clean up.

7 meals/week

\$125

14 meals/week

\$250

28 meals/week

\$500

(Meals do not include Postpartum beverages)

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

(Some information we already discussed but just in case
something else comes to mind filling out the form
helps).

[client-intake-form](#)

Step 2:

We will get your form in our email and

www.mothermebaby.com

either email you back or call you within 1-2 business days (usually much sooner tbh)

Step 3:

We will send you our contract and an invoice.

Just

sign and pay the deposit amount to lock in your date
(30% of package selection-excluding meal delivery packages)

Step 4:

We will send you a doula ASAP!

Step 5:

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