

BLISS MAMA DOULA SERVICES



PACKAGES:

Blissful Birth Package *US\$980*

This package is designed to help parents feel prepared, empowered, and comforted every step of the way.

Ideal for: Parents seeking continuous and gentle support throughout pregnancy, birth, and early postpartum.

○ **TWO Prenatal Consultations**

Personalised sessions to understand your birth preferences, and provide education on labor and birth: birthing process, comfort measures, and what to expect during labor.

○ **24/7 On-Call**

Round-the-clock availability from 38 weeks onwards until baby is born.

○ **Continuous Labor & Birth Support**

Calming presence during established labor and birth at the hospital.

○ **Immediate Postpartum Care**

One to two hours of support right after birth, helping with baby's first latch (if breastfeeding) and making sure all your questions are answered as you settle in.

○ **TWO Postpartum Visits**

Hands-on visits offering guidance and newborn care, ensuring you feel confident in your new role.

○ **Ongoing Antenatal Support**

Gentle guidance and resources via text and phone calls, from pregnancy through four weeks postpartum.

○ **Comfort Tools Provided**

Complimentary use of a TENS machine, peanut ball, and birth ball for added comfort and ease during labor

Informed Beginning Package *US\$320*

This package is designed to provide essential birth education and caring guidance for a confident, empowered birth experience.

Ideal for:

Parents seeking expert support before and after the birth of their baby.

What's Included:

○ **Three Prenatal Consultations** *90mn home visits*

- First prenatal consultation:
- Stages of labor and birth, what to expect and when to go to the hospital
- Exploration of your birth options and preferences.
- Second prenatal consultation:
- Pain management techniques: natural and medicated options.
- Breathing techniques, movements and position, acupressure..
- Third prenatal consultation:
- Newborn care: sleep, bath, soothing techniques
- Understanding breastfeeding, how to ensure a proper latch, breastfeeding positions..
- OR: How to bottle feed a baby, what to expect after birth, physical recovery and postpartum preparation

○ **One Postnatal Consultation** *60mn hospital or home visit*

- Support with newborn care, feeding, and mum's recovery.
- Ask all your questions and discuss your early postpartum experience.
- Gentle guidance to build confidence in your new role.

Lactation Support Package *US\$200*

This package is designed to provide essential breastfeeding education and personalised hands-on support before and after your baby is born.

Ideal For:

Expecting parents wanting to feel prepared and confident in their breastfeeding journey

What's Included:

○ **One Prenatal Consultation** *90mn home visit*

- Breastfeeding education focused on your breastfeeding goals.
- Tips for establishing a good latch and comfortable feeding positions.
- Guidance on creating a breastfeeding plan and setting realistic expectations.

○ **Two Postnatal Consultations** *hospital or home 60mn visit*

- Support with any breastfeeding challenges, such as latch issues, milk supply, or positioning.
- Continued guidance to build confidence and make breastfeeding a positive experience for you and your baby.

INDIVIDUAL SESSIONS:

Prenatal/ Postpartum doula Consultation *60US\$/hour*

- **Prenatal:** This private consultation is done at the comfort of your home to offer birth education, provides guidance and answer all your questions related to birth and baby, so you can feel ready, mentally and practically for the arrival of your baby. We can discuss about the labor and birth process, preparation for vaginal birth or planned cesarean, comfort measures..
- **Postnatal:** Receive support and reassurance to help you navigating your fourth trimester. I can offer breastfeeding guidance, bottle feeding support, baby care support, and be here to debrief the birth and nurture you so you can heal and recover after birth.

*Not sure on what you are looking for?
My packages are customisable. You can decide how much support you need
and how many sessions you would like to book with me.
Contact me for a personalised package*