

Postpartum Doula Services: (Birth- 6 week postpartum)

The postpartum period is from right after the birth of their child up to 6 weeks after the birth. Part of my “Doula Care Package” includes Individualized Postpartum Care, which consists of basic doula care. The Postpartum Doula Service I provide is an hourly service, including but is not limited to:

- Meal preparation
- Light housekeeping which can include laundry, dishes, straitening up, etc.
- Newborn care
- Watching the newborn while mother showers or takes a nap
- New mother companionship and emotional support
- Night time newborn care: This care allows Mom to sleep at night while I care for their newborn, Night time newborn care focuses primarily on baby care only, to insure that baby is properly cared for, while the new parents rest. I prefer to start with in the first few days following birth, but can also provide services shortly after if partner/family/support will be helping them throughout the first week.

Nanny &/or Maid Services: (After 6 weeks postpartum)

These services are the same as my Postpartum Doula Service, but your child is now older. I provide Nanny & Maid Services as an extra hourly service, Maximum 2 hour increments at a time.