

MENU OF Postpartum Services



Here is an itemized summary of my support packages along with my rate for each one. If there is anything you do not see within a package that you feel you would like as part of your experience, please feel free to bring it to my attention.

I require a non-refundable deposit of \$280 at contract signing in order to reserve my availability for you. This covers the last 8 hours of support. Our first 30 minute meeting will be around 35 weeks gestation. At this time, the remaining balance will be due. You will be given a discount code to use at checkout with your remaining balance that takes off the deposit cost.

I do not offer payment plans at this time. However, you are able to make small payments from the time of contract signing until 35 weeks gestation when the remaining balance is due. These small payments can be made via check or Venmo.

I also offer gift card options for friends and family to purchase if they would like to help provide the gift of support.

BASIC SUPPORT PACKAGE

Investment: \$910

- 30 minute in person w/contract and financial agreement signing
- 90 minute prenatal planning session
- Custom postpartum care plan
- Unlimited text and/or email support
- 30 minute virtual check-in 5-7 days postpartum
- 24 postpartum hours
 - Can be broken up into 4 hour daytime shifts and/or 8 hour overnight shifts
- Access to my online resources

MID RANGE SUPPORT PACKAGE

Investment: \$1,540

- 30 minute in person w/contract and financial agreement signing
- 90 minute prenatal planning session
- 2 hour prenatal support shift between 35 & 40 weeks gestation for extra support at home (optional)
- Custom postpartum care plan
- Unlimited text and/or email support
- 30 minute virtual check-in 5-7 days postpartum
- 40 postpartum hours
 - Can be broken up into 4 hour daytime shifts and/or 8 hour overnight shifts
- Access to my online resources

ADVANCED SUPPORT PACKAGE

Investment: \$2,910

- 30 minute in person w/contract and financial agreement signing
- 3 prenatal shifts; can include me attending prenatal appointment/s with you
- 2 hour prenatal support shift between 35 & 40 weeks gestation for extra support at home X2 (optional)
- Custom postpartum care plan
- Unlimited text and/or email support
- Preparing for labor plan
- 90 minutes of postpartum support immediately following the birth at place of birth (optional)
- 30 minute virtual check-in 5-7 days postpartum
- 56 postpartum hours
 - Can be broken up into 4 hour daytime shifts and/or 8 hour overnight shifts
- Access to my online resources

HOURLY RATE/ALA CARTE

Hourly Rate: \$35/hour

Daytime shifts have a 2 hour minimum | Overnight shifts are a set 8 hours

Whether you need a quick check-in, overnight support, or a couple days of respite; book your one (or two or three or four) time support shift! Available as Prenatal or Postpartum.

Please reach out for more info and available dates!

VIRTUAL ONLY SUPPORT

Virtual services are not 100% established yet. But we can discuss what you're looking for.

Please reach out for more info!

THANK YOU FOR
CONSIDERING ME TO
SUPPORT YOU!



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