

Build Your Postpartum Plan

Every family's needs are different. Choose the support that feels right for you, week by week. Start with more support and taper as you settle in, or keep consistent support throughout. You're in control.

STEP 1: GET TO KNOW YOUR OPTIONS

Choose from one of the three levels of support below. You'll select a level for each week.



High Support

3 daytime visits + 3 overnights
(36 hours/week)

We've got you postpartum care. Great for the first few weeks, twins, C-section recovery, limited family help, or families prioritizing sleep.

\$1,800 / week



Consistent Support

2 daytime visits + 2 overnights
(24 hours/week)

Great for families who want reliable support throughout the week while still having plenty of time to settle into their own routine.

\$1,200 / week



Lighter Support

1 daytime visit + 1 overnight
(12 hours/week)

This is the maintenance support — one guaranteed break and one guaranteed night of sleep every week.

\$600 / week

STEP 2: CHOOSE HOW MANY WEEKS OF SUPPORT

Select the total number of weeks you'd like to build your plan for.

1 week

2 weeks

3 weeks

4 weeks

6 weeks

8 weeks

12 weeks

STEP 3: SELECT A SUPPORT LEVEL FOR EACH WEEK

Choose the level of support you'd like for each week. You can mix and match based on your needs.

Week 1	✓ High Support	Consistent Support	Lighter Support
Week 2	✓ High Support	Consistent Support	Lighter Support
Week 3	High Support	✓ Consistent Support	Lighter Support
Week 4	High Support	Consistent Support	✓ Lighter Support

Your Postpartum Plan

Week 1	High Support	\$1,800
Week 2	High Support	\$1,800
Week 3	Consistent Support	\$1,200
Week 4	Lighter Support	\$600

Total Weeks4 weeks

Total Hours108 hours

Package Total\$5,400

INQUIRE ABOUT THIS PLAN →

This is a custom plan based on your selections. Final details, scheduling, and availability will be confirmed after you submit your inquiry.

Not sure what you need?

Here are a few common plans to get you started.

3-Week Plan
High → Consistent → Lighter | \$3,600 →

6-Week Plan
High → High → High → Consistent → Consistent → Lighter | \$8,400 →

8-Week Plan
High (3) → Consistent (3) → Lighter (2) | \$10,200 →