



Postpartum Doula Services

RATES :

\$ 30 PER HOUR FOR DAY

\$40 PER HOUR NIGHT SHIFT AFTER 9PM-12AM

POSTPARTUM CARE CAN BE ESPECIALLY TAILORED TO EACH INDIVIDUAL FAMILY. SHORT TERM FOR THE FIRST FEW DAYS AT HOME OR WEEKS LONG CARE TO HELP ESTABLISH A NEW NORMAL DURING YOUR FAMILIES GREATEST TRANSITION.

SERVICES INCLUDE:

COMFORT CARE FOR MOTHER

CARE FOR NEWBORN AND TIPS

LIGHT HOUSEKEEPING

MEAL PREP

CARE FOR SIBLINGS DURING TRANSITION

EMOTIONAL AND PHYSICAL SUPPORT