

Postpartum Only Services

PostPartum

- Initial Consult- Lunch & Learn
- 10 Follow-up visits (up to 30hrs)
- Nutrition counseling, herbal supplements may be provided
- Breastfeeding support
- Newborn care, Sibling Care
- Motherhood Mentoring
- Household Chores: dishes, laundry, nap & shower relief, light cooking, errands, sibling care
- Postpartum Womb Wellness Services: Herbal Vaginal Steam, Belly binding, Womb Wrap & Stimulation, Herbal massage oils, salves, tinctures, teas

We will meet with you preferably prior to birth (@ 34-38weeks) to assess your needs for after you give birth. The first meeting does not obligate you to our services. If you do select us, then we will want to get started on our journey together as soon as possible within 2 weeks from our consultation.

We will meet prior to birth for postpartum preparation and after birth for a minimum of 10 postpartum visits to assist in your postpartum healing. The visits are a minimum of 1-3hrs. We may discuss your birth outcome, postpartum healing, and motherhood mentoring to get you off to a great start.

Consultation: Meet and Greet (Lunch & Learn)

First: Sign Intake Forms/Deposit

10 pp visits spread as needed up to 6wks

A security deposit is due once the Intake Forms are signed.

The balance is due within a month of beginning pp service or by payment plan

Note additional fees for travel expenses may apply

If you have any questions or concerns, please do not hesitate to call or email.

Self-pay only. Insurance not accepted. Payment plans offered.

Money orders, PayPal ([paypal.com/protectorofthewomb](https://www.paypal.com/protectorofthewomb)) and CashApp (\$POTW9)