



MOTHERING THE MOTHER

\$600 12 HOURS

BIRTH STORY LISTENING

I am a mental health social worker specializing in post natal depression. I know how important it is to debrief your birth experience.

NOURISHING MEAL PREPARATION & LIGHT HOUSEWORK

BABY MASSAGE

I am a certified Blossom and Berry Instructor and can teach you soothing & settling strokes and holds for baby to assist with colic, sleep and development.

BREASTFEEDING SUPPORT

A little help and support when you begin with positions and latching. Referral to a lactation consultant if needed.



Book a free consult with
melcraven.com
0437631294

