



Work with me

PREGNANCY + POSTPARTUM
PACKAGES

All packages include a complimentary consult over zoom or a local coffee shop before booking.

Additional prenatal and postpartum appointments are available to purchase alongside your selected package. Please get in touch for more information + to curate an experience to suit the needs of you and your family.



BLOOM PACKAGE

Prenatal support to prepare for your birth + fourth trimester together, and emotional and practical support through the first six weeks postpartum.

Includes:

- ☀ Three prenatal appointments
- ☀ Eight postnatal appointments
- ☀ Gift pack of natural products for mama and baby
- ☀ Text and email access between appointments

\$1600

EARTHSIDE PACKAGE

Practical and emotional support through the first six weeks postpartum.

Includes:

- ☀ Eight postnatal appointments
- ☀ Prenatal support via email
- ☀ Gift pack of natural products for mama and baby
- ☀ Text and email access between appointments

\$1200

NURTURE PACKAGE

Prenatal support to hold space during your pregnancy, and prepare for your birth + fourth trimester.

Includes:

- ☀ Six prenatal appointments
- ☀ One postnatal appointment
- ☀ Gift pack of natural products for mama and baby
- ☀ Text and email access between appointments

\$1000



NEST PACKAGE

Two in-depth prenatal sessions to prepare for your birth + fourth trimester.

Includes:

- ☀ Two prenatal appointments
- ☀ Additional prenatal support via email
- ☀ Gift pack of natural products for mama and baby
- ☀ Text and email access between appointments

\$400



WHAT HAPPENS AT EACH APPOINTMENT?

☀ Prenatal appointments are an opportunity to get to know one another, set expectations + make plans for birth and postpartum, connect with information and community/online resources (courses etc.), provide emotional support, meal prep, set up your home environment, and clarify the roles of your support network during this important time.

☀ Postnatal appointments are for supporting your transition to life as a parent. I offer emotional support and an opportunity to debrief about your birth, as well as informative and practical support around infant sleep, feeding, cloth nappies, baby wearing, housework, meal preparation -- even simply help you find time to take a shower.

Appointments include a follow up email detailing information and resources discussed during our visit where applicable.

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ADDITIONAL OFFERINGS



PRENATAL/POSTPARTUM

Additional prenatal or postpartum appointment with standard inclusions as listed above.

\$100

MONTESSORI + RIE HOME

Create a plan to set up the home with Montessori + RIE influences.

Includes:

- ☀ Initial email and questionnaire
- ☀ Home visit
- ☀ Follow up email with written plan and resources linked

\$150

ESSENTIAL OILS FOR BIRTH

Mixology workshop: information and practical support in creating products to support you during labour and birth.

Includes:

- ☀ Essential oils in roller or dropper bottles
- ☀ Educational e-book
- ☀ dōterra wholesale account (12 months)

\$150

LOW TOX HOME OVERHAUL

Room by room walkthrough with DIYs to create a safe, natural, low tox home

Includes:

- ☀ Green cleaning essential products
- ☀ Educational e-book
- ☀ dōterra wholesale account (12 months)
- ☀ Follow up email with written plan and resources linked

\$150