

PACKAGE OPTIONS SUGGESTIONS

The packages below are outlines of what support can look like for your family. If you are struggling to find a package below which seems right or affordable for your growing family, contact me for an interview. After we speak we can craft a package specific to your needs. In fact, I create an individual plan for 90% of my families. Below are initial guidelines and options that I have found optimizes support for families. Please feel free to contact me to discuss.

Note:

Payments are always made in two installments and plans are available by request.

Overnights do not have to be scheduled consecutively.

The price range is \$65 - \$80 per hour. Rates vary depending on location in the Los Angeles area, whether your family needs day or overnight support and if families are expecting multiples.

With every package a Newborn and Breastfeeding Education meeting is INCLUDED, valued at \$300+

Optimize Infant Educational

Suggested for parents who plan to body/breastfeed and need hands on infant education

60 hours

Week 1

-4 days from 8a – 1p

Week 2

-4 days from 8a – 1p

Week 3

-3 days from 8a – 12p

Week 4

-2 days from 8a – 12p

*Package includes a Newborn and Breastfeeding Education prenatal meeting; 2-4 hours

First Two Weeks of Life

Optimal support for this critical time in infant's and family's life - strongly suggested for parents who plan to breastfeed

***80 hours**

Week 1 - 40 hours
-5 nights from 10p - 6a

Week 2 - 40 hours
-5 nights from 10p – 6a

*Package includes a Newborn and Breastfeeding Education prenatal meeting; 2-4 hours

New Parent(s)

Suggested for first time parents, especially helpful when there is limited or zero daytime support from family and friends

***192 hours**

Week 1 - 40 hours
-5 nights from 10p - 6a

Week 2 - 40 hours
-5 nights from 10p – 6a

Week 3 - 32 hours
-4 nights from 10p - 6a

Week 4 - 32 hours
-4 nights from 10p - 6a

Week 5 - 24 hours
-3 nights from 10p - 6a

Week 6 - 24 hours
3 nights from 10p - 6a

*Package includes a Newborn and Breastfeeding Education prenatal meeting; 2-4 hours

Basic Overnight Support

Suggested for parents with multiple children

***160 hours**

Week 1

-5 nights from 10p - 6a

Week 2

-5 nights from 10p - 6a

Week 3

-5 nights from 10p - 6a

Week 4

-5 nights from 10p -6a

*Package includes a Newborn and Breastfeeding Education prenatal meeting; 2-4 hours