

Virtual Postpartum Support Package

Four daily 60 - 90 minute sessions for \$600

Here is an example of what to expect, but not limited to the following:

Prenatal - Doula Check in

- Before leaving hospital check list – doula provides list of suggestions
- Discuss items to have at home before baby is born – doula provides list of suggestions
- Discuss birth concerns
- Talk about sleeping set up
- Talk about teamwork
- Meal and snack planning
- Discuss the major concerns and priorities once the baby is born
- Sanctuary plan – doula provides outline of suggestions
- Doula provides list of birth professionals
- Chest/Breastfeeding basics and what to expect AND bottle and formula feeding tips

Postpartum - Day 1 Home from hospital check in

- Listen to birth story
- Watch a feeding session: Troubleshoot any breast or bottle feeding issues and concerns; discuss pumping schedule if necessary
- Discuss sleep and team efforts
- Check in with birth parent to discuss: emotions, bleeding, discomfort, priorities, sleeplessness, pain, etc.
- Plan for next 24 hours
- Meal and snack planning

Postpartum - Day 2 check in

- Check in with birth parent: discuss breast changes, bleeding, pain and swelling, mood, etc.
- Talk about your first night home
- Talk about feeding and diapers
- Discuss burping techniques
- Demonstrate and discuss soothing techniques
- Swaddling tutorial and tips
- Watch a feeding session: Troubleshoot any breast or bottle feeding issues and

concerns; if pumping is needed, discuss any concerns

Postpartum - Day 3 check in

- Discuss any feeding concerns – along with pumping if necessary
- Check in with birth parent about physical and mental health
- Talk about sleeping concerns
- Discuss overall concerns
- Baby wearing tutorial
- Baby bathing techniques
- Discuss support strategies moving forward
- Tips for nighttime routine and healthy sleep patterns for baby and parents
- Any chores to outsource? (i.e. laundry, meal train setup, errands, groceries, etc)