

# THE STRONG START PACKAGE

Quick, efficient, and essential support for parents who want the key elements of doula care in a compact format—covering antenatal, labour, and postpartum support.

## Antenatal Support

- **One 3-hour** intensive in-home session covering:
  - Understanding the stages of labour and how to navigate them.
  - Pain relief techniques, including TENS machine, movement, and relaxation tools.
  - How to create an oxytocin-rich birth environment for a smoother labour.
  - Partner support strategies to help them feel confident and involved.
  - Postpartum preparation, including setting realistic expectations for recovery.
  - Includes a personalised birth preferences PDF to help you advocate for your choices confidently.

## Pre-Birth Prep

One 2-hour practical in-home session to help you feel organised and prepared:

- Tick off your to-do list – setting up your postpartum sanctuary, packing your hospital bag, or organising baby items.
- Stock your freezer with nourishing meals for those early postpartum weeks.
- Discuss visitor boundaries, support networks, and mental load sharing.
- Set up a meal train to ensure ongoing food support after birth.
- Access to my lending library

## Labour & Birth Support

- On-call support from 38 weeks to answer any concerns as labour approaches.
- In-person labour & birth support, including:
  - Emotional reassurance and continuous hands-on comfort measures.
  - Support for your birth partner, ensuring they feel prepared and involved.
  - Guidance in advocating for your birth preferences in any setting.
- Immediate postpartum support after birth, including:
  - Assistance with skin-to-skin bonding, feeding, and newborn care.
  - A calm, reassuring presence as you settle into the first hours with your baby.

## Postpartum Support

**Two 3-hour** in-home visits within the first 6 weeks, offering:

- Hands-on care, emotional support, and tailored guidance for your recovery.
- Nourishing postpartum meal packages, including healing foods, snacks, and easy-to-eat, one-handed breakfasts.
- Light housework support – washing, dishes, tidying to help ease the load.
- Newborn care – holding, settling, or caring for baby while you rest or shower.
- Help booking or attending postpartum appointments.

**Price: \$1200**

# a Doula's Touch