

# Student Doula

## Post Natal / Planned C-Section Package \$407

Designed to make a C-Section birth less stressful for both you and your partner.

- A prenatal visit to establish your needs and priorities with any particular instructions for your support plan.
- 5 postnatal call outs to provide nonjudgmental help and assistance in such capacities as:
  - Looking after siblings on planned day of birth.
  - Bringing supplies to the hospital.
  - Picking up groceries.
  - Light housework.
  - Taking care of pets.
  - Accompanying siblings to Lils / playgroups.
  - Holding newborn while you shower / self-care.
  - Birth debrief – sometimes you just need to talk it through!
- Phone and email support.
- ☺ I have a current Working with Vulnerable Children / People Card.
- ☺ The package can be tailored to meet your individual or family needs!