



The Post-natal Package

Description: This package is for all after birth care. It does not include the birth. It is great for mother to feel extra support after birth. It includes a mixture of emotional and practical support.

Free 30 minute consultation

Two prenatal meetings These meetings are meant for us to get to know each other and establish a connection. While also preparing for the post natal period.

8 post natal appointments: These last 1-2 hours each. In these appointments **we cover the following:**

- **lactation support:** We cover the fundamentals of breast feeding, latch, comfort for mother, how to be sure your baby is fed & getting enough to eat. Includes breast feeding tea.
- **Newborn care:** General newborn care support such as advice for sleep, diapers and comfort and all the in between!
- **Emotional support:** Postpartum can be a roller coaster of emotions. Having someone to talk to that is non-judgmental and empathetic is so crucial to this season in life.
- **After birth healing:** This includes after birth pads, feminine spray and Yoni steam.

Placenta encapsulation package: This includes the full Placenta encapsulation package, placenta capsules for mother and tincture for baby.

Price 8,0000,000 IDR