



# Mother Package

**Free 30 minute consultation**

**Tote bag** with journal and products

**Three prenatal meetings** These meetings are meant for us to get to know each other and build a connection. While also preparing for your birth.

What will we go over in the prenatal meetings?

**Week one:** Birth plan. Preparing your mind and body for birth.

**Week two:** The Birth process. The start to the end of labour.

Comfort techniques, positions during labour.

**Week three:** After the birth. The birth of the placenta and going home with baby.

**Emotional support** via voice call or messaging

24/7 on call commitment starting from 37 weeks until baby is born.

**Full labour support.** I am present for the entire labour. From the time you feel you want me with you, until 2 hours post birth.

**Unlimited professional resources** before and after birth.

**Two post-natal visits.**

**Price: 13,000,000 IDR**