

Gentle Postpartum Reset Session

Investment: \$450

Includes:

- 3 In-Home Visits (2 hours each)
- Emotional support, birth reflection, and postpartum adjustment care
- Newborn care basics (soothing, feeding)
- Light household support (baby-related tasks)
- Feeding support (breast or bottle basics)
- Emotional processing
- basic newborn guidance
- light support

For immediate emotional grounding and stabilization after birth

 **Total Support: 15 hours of dedicated postpartum support**

Restorative Overnight Care

Investment: \$1,200 / week = \$2,400 total

Best for: Rest, recovery, and overnight peace of mind

Includes:

- 10 Weekday Overnight Visits (Mon–Fri for 2 weeks)
- 8 hours per night of in-home support
- Newborn care while you rest
- Feeding support (bring baby to you or bottle feed, breast/bottle + routine building)
- Diapering, soothing, and sleep support
- Light overnight baby-related tasks (bottles, pump parts/ laundry)
- Light household support
- Emotional check-ins + adjustment support
- Postpartum recovery + body care guidance
- Nutritional Advice
- Designed specifically to support maternal sleep restoration and overnight newborn care so you can recover physically and emotionally.

For families prioritizing sleep, recovery, and overnight newborn support

 **Total Support: 80 hours of dedicated postpartum support**

3 Weeks: Nurtured Beginnings


Investment: \$810 / week = \$3,240 total

Best for: Building confidence, establishing newborn routines, and transitioning into independent postpartum care with guided support.

Includes:

- *Hands-on newborn care support*
- *Feeding guidance + latch/positioning help*
- *Postpartum recovery guidance*
- *Light meal prep + household support*
- *Emotional check-ins + adjustment support*
- *Nutritional Advice*
- *Daily/visit-based routine guidance*
- *Sleep/wake cycle observation support*
- *Personalized soothing strategies for baby temperament*
- *Support for emotional regulation, identity transition into parenthood, and reducing overwhelm in early postpartum weeks.*

For building confidence, rhythm, and sustainable newborn care routines

 **Total Support: 108 hours of dedicated postpartum support**

Fourth Trimester Full Circle Care (Premium)

Investment: \$1,200 / week = \$4,800 total

Best for: Ongoing, full-spectrum care through the fourth trimester

Includes:

- *In-Home Day or Night Visits, 40 hours/week broken up as desired*
- *Priority scheduling*
- *Full newborn care + sleep support*
- *Feeding support (breast/bottle + routine building and position help)*
- *Postpartum recovery + body care and guidance*
- *Light household + meal prep support*
- *Emotional + nervous system care*
- *Partner & family adjustment support*
- *Nutritional Advice*

For families seeking complete fourth-trimester care, continuity, and ongoing emotional + physical support without navigating recovery alone.

👉 Total Support: 160 hours of dedicated postpartum support

✨ Add-On Support

- **Meal Prep Add-On Visit (3 hrs focused cooking) – \$90**
 - *Can include grocery shopping, recipe finding/ suggestions)*
 - *Grocery + Essentials Run (with or without client list)*
- **House Cleaning**
- **Can Purchase Single hours of postpartum support as needed.**