



Virtual Postnatal Support

Flexible support

I offer flexible virtual postnatal doula support packages designed to provide reassurance, guidance, and emotional support as you settle into life with your baby. My aim is to help you feel supported, confident and nurtured during this very special time as you adjust to parenthood.

The early weeks of motherhood are incredibly special, but they can also bring many questions, emotions, and adjustments. Having the right support during this time can make a world of difference. Virtual support allows you to receive professional postnatal care from the comfort of your own home, providing flexible access to experienced support during this important transition.

Benefits of Virtual Postnatal Support:

Virtual support offers a calm and flexible way to access care when you need it most. Many mothers find this especially valuable in the early weeks when leaving the house can feel overwhelming.

It provides:

- Convenient support without needing to travel
- Flexible sessions that fit around your baby's rhythm
- Immediate reassurance when questions arise
- Continuity of care from someone who understands your journey
- A safe and supportive space focused entirely on your wellbeing

My support may include:

- Gentle guidance with newborn care and understanding your baby's cues
- Support with feeding (breast, bottle, or combination)
- Evidence-based advice around newborn sleep and settling
- Emotional support as you adjust to motherhood
- Support for your physical and emotional recovery after birth
- Space to talk through concerns, questions, or simply be heard
- Encouragement to help you build confidence in your own instincts as a parent

Packages available:

Here are the options I currently offer:

1. Gentle Start – £32

Perfect if you would like some focused guidance.

Includes:

- One 60-minute video support session
- Personalised guidance during the call for your situation



2. Starting Strong – £45

A great choice if you would like more detailed information and focused guidance with follow up support and helpful signposting.

Includes:

- One 60-minute video support session
- Personalised guidance and follow up signposting for your situation
- WhatsApp message support for 48 hours afterwards
- Free access to my resource's library full of useful information for further reading and signposting for a variety of postpartum topics

3. Ongoing Support – £120

Ideal for the early weeks when questions come up often.

Includes:

- Three 60-minute virtual sessions
- Personalised guidance and follow up signposting for your situation
- WhatsApp message support for 48 hours afterwards
- Free access to my resource's library full of useful information for further reading and signposting for a variety of postpartum topics

3. New Mother Nurture Package – £210

A deeper level of support for your transition into motherhood.

Includes:

- Six 60-minute virtual sessions
- Personalised guidance and follow up signposting for your situation
- WhatsApp message support for 48 hours afterwards
- Free access to my resource's library full of useful information for further reading and signposting for a variety of postpartum topics

Bespoke packages are also available on request.

Please let me know if you would like to book a session or if you'd like to arrange a complimentary introductory call to see which option feels right for you.