



MOSS AND MOONLIGHT
WOMB AND BIRTH



POSTPARTUM DOULA CARE

WHAT DOES IT INCLUDE?

- Prenatal in-person or virtual visit for postpartum planning (if applicable)
- Newborn care
- Emotional support to process your birth and transition to motherhood
- Light housework (cleaning, laundry, tidying, organization)
- Cooking nourishing meals (pricing does not include the cost of groceries)
- Preparation of teas
- Running errands
- Pet care and sibling support
- Breastfeeding and bottle feeding support
- Techniques to soothe any cramps and discomfort
- Comforting energy work, reiki, yoga, meditation - up to about 30 mins per visit
- Assistance with healing after birth including sitz baths and belly binding
- Providing community resources and referrals
- Support through phone and email throughout our time together, 9am-5pm, replies asap or within 24 hours



BASE PACKAGE

\$600

- 12 hours of daytime postpartum support over 1-3 weeks
- Once package is used, if I am available, additional shifts can be added at \$45/hour

STANDARD PACKAGE

\$1100

- 24 hours of daytime postpartum support in 3-4 hour visits over 2-4 weeks
- Once package is used, if I am available, additional shifts can be added at \$45/hour

FULL PACKAGE

\$2000

- 48 hours of daytime postpartum support in 3-4 hour visits over 4-8 weeks
- Once package is used, if I am available, additional shifts can be added at \$40/hour

DROP IN

- \$60/hr (1-2 hours)
- \$50/hr (minimum 3 hours)

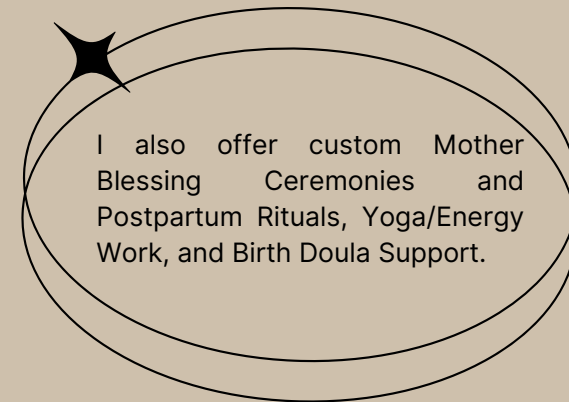
For all packages, shifts are 3-4 hours long.

Package hours must be used with a minimum of 6 hours per week (2, 3-hour shifts) or a maximum 12 hours per week (3, 4-hour shifts).



MY MISSION

My ideology around postpartum care is that the fourth trimester is an essential time for recuperation and bonding. In the weeks following birth, your external and internal worlds will be going through a great transition! My hope is that my services offer you the extra help you need to feel nurtured and safe to focus on resting, connecting to your family, and properly caring for yourself.



I also offer custom Mother Blessing Ceremonies and Postpartum Rituals, Yoga/Energy Work, and Birth Doula Support.

Website

www.mossandmoonlight.com/womb-birth

Email

mossandmoonlighthealing@gmail.com

Location

Serving the Hudson Valley and CT within 1-hour of Hopewell Junction, NY

