

Full Circle Postpartum Offerings

PARENTS GUIDE



Doula for a Day

This is a 4 hour daytime session for new parents. Perfect gift idea or to provide reprieve to new parents who need a nurturing care and relief. Investment: \$130.00 + tax singleton and \$150.00 + tax multiples



Early Days Package This package is for anytime in the first four weeks as you adjust and adapt to your new baby. Perfect to build confidence, knowledge of newborn development and biological normal expectations. Includes 12 daytime hours with options of 3 shifts at 4 hours, or 4 shifts for 3 hours.. Investment singleton \$390.00 +tax and multiples: \$450.00 + tax



Early Weeks Package

This package is for anytime in the first weeks as you adjust and adapt to your new baby. This is more extensive support and care, with 24 daytime hours. 6 shifts at 4 daytime hours. Investment Singleton \$780.00 + tax and Multiples \$900.00 + tax



Replenish Package One of our **premium packages** this provides parents with a solid support, as they adapt to life with a new baby. 40 daytime hours 10 shifts at 4 hours Singleton \$1300.00 +tax and Multiples \$1500.00 + tax



Recharge Package One of our **premium packages** this provides parents 60 daytime hours of 15 shifts at 4 hours. Giving plenty of time to heal and recover. Investment Singleton \$1950.00 + tax and Multiples \$2250.00 + tax

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Reinvigorate Package

One of our **premium package**. Giving families 80 daytime hours 20 shifts at 4 hours Singleton \$2600.00+ tax Multiples \$3000.00 +tax. This is our biggest package to cover regular support and care for the new family.



Add on Package: Night Support

This gives you the option to add on a 8 hour night time shift with doula, to help you in catching up on much needed sleep. Great for those who need the mental health support benefits when newborn care becomes more demanding. We support all feeding methods.



Add on Package: Day Break Session

This gives you the option to give you 3 hours of support during the early morning support. Great option for sibling care support and starting the day. For hours of 6 to 9 AM Investment Singleton \$100.00 +tax and Multiples \$115.00 + tax



Add on Package: Night Fall Session

This gives you the option to give you 3 hours of support during the early evening support. Great option for those struggling with supper hour and just need more assistance with bed time care.. For hours of 6 to 9 PM Investment Singleton \$100.00 +tax and Multiples \$115.00 + tax

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Add on Package: Immediate Feeding support

This is a great add on for those needed support in the immediate postpartum for feeding and to ensure a good latch. We can come to your birth place shortly after you get settled and to help get feeding off to a good start. Great for the new parent who is new to this and needs reassurance and confidence in a good latch. We support all methods of feeding choices. Best of the first 24-48 hours support, but can be first few days. This 2 hour package, includes resources investment: \$80.00 + tax



Add on Package: Virtual Postpartum Planning session

This is a great add on for those wanting to establish a clear plan for postpartum and what details need to be addressed to ensure time for healing and recovery. This time helps equip you with the knowledge and resources needed for a smooth fourth trimester. Includes resources and planning guidebook. 1 hours \$25.00 + tax



Add on Package: In Person Postpartum Planning and Nursery set up.

This is a great add on to help with postpartum planning and considerations for setting up a functional nursery that is going to be safe and considerate of the needs of a newly postpartum parent and that of the new baby. Includes additional resources. 2 hours \$60.00 + tax

Don't see exactly what you are looking for?

Create a customized package for you and your family.
Book a Discovery call with us to explore.
Call 587-521-2717 or email yegppdoula@gmail.com