

*Serving Families in
Eastern Pa &
Northern NJ*



FREE 30 min. NO OBLIGATION PHONE
CONSULTATION AVAILABLE

*TAKIYAH, NURSE DOULA (B.S. Psychology,
LPN, Birth/Postpartum Doula), Childbirth &
Lactation Educator*

Healing Love Doula Services

\$30/hr

POSTPARTUM DOULA PACKAGE

***MINIMUM 4
HOURS***

Postpartum doulas provide families information and support on infant feeding, emotional and physical recovery from childbirth, infant soothing, and coping skills for new parents. They might also help with light housework, fix a meal and help incorporate an older child into this new experience.

SERVICES INCLUDE:

- ✓ Newborn Care
- ✓ Postpartum Assessment
- ✓ Lactation (Breastfeeding) Support
- ✓ Sibling Care
- ✓ Errands (i.e. cooking, shopping, local pick-ups)
- ✓ Light housekeeping
- ✓ Belly Binding
- ✓ Sitz Baths

OPTIONAL SERVICES

- BIRTH PLANNING SESSION **ONLY**: INTRODUCTORY PRICE OF **\$75** ORIG. \$100 (VIRTUAL OR IN-PERSON)
- 3-MONTH Access to *MY*Google Classroom for Childbirth & Lactation Materials: **\$45**
- 'EMPOWER ME' PACKAGE: Doula services WITHOUT labor/delivery support: **\$250**

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