



prenatal, birth, breastfeeding and postpartum support



# THE POSTPARTUM PACKAGE

## SESSION 1

- New born care basics
- Newborn sleep patterns
- Understanding the science of newborn sleep
- Safe sleeping positions
- Typical sleep disturbances and regressions

## SESSION 2

- How to take care of yourself as a new mother
- Nutrition and exercise for the new mother
- Emotional and mental health what to expect

## SESSION 3

- Preparation for breastfeeding
- Pumping tips
- Baby wearing and kangaroo care

## SESSION 4

- Pelvic Floor exercises
- Navigating lifestyle expectations
- Relationship changes and sexual intercourse

**FOR PRICING PLEASE CONTACT ME DIRECTLY**