



*The*BOND
WELLBEING

Postpartum Doula Support Packages

Feel supported, connected and empowered during your fourth trimester and beyond.

What is a Postpartum Doula?


A companion who walks alongside you throughout the postpartum period supporting your emotional, physical and practical needs.

Hi, I'm Mazz Napier and I provide postpartum care designed for modern mums who want to swap exhaustion, overwhelm and isolation for empowerment, support and connection.

My qualifications include:

- Newborn Mothers Collective Graduate (Postpartum Doula training endorsed by the Australian College of Midwives)
- Certified Infant Massage Instructor (International Association of Infant Massage)
- Lyndsey Hookway's Holistic Infant Sleep Course
- COPE - Basics in Perinatal Mental Health Course
- Bachelor of Arts (Psychology), University of Western Australia
- I'm also a Mum of two!





*Working with a Postpartum Doula is
an investment in the future health
and happiness of your whole family.*

Prenatal support

During pregnancy, the unknown of what's to come in postpartum (even if it's not your first baby) can feel a little daunting. My aim is for you to feel quietly confident, prepared and empowered as you move towards your fourth trimester with my ongoing prenatal support.

Our work together during your pregnancy is a bonus addition to each of my packages that follow on the next pages.

If your baby has already arrived, congratulations! Skip ahead to the next pages to get straight to my postpartum support.

Bonus prenatal support includes:



1 x 2-hour postpartum planning session

Monthly 30min check-in phone call from when you book

Postpartum Support

My aim is to have you feeling seen, heard, and nourished after every interaction with me. While your focus will be on your baby, my focus will be on you and your every need. You will always feel safe and supported in my calm presence.

Once your baby arrives, the bulk of your support will be offered through my signature in-home visits.

Imagine warming bowls of comfort food, chocolatey lactation cookies, mugs of hot tea, healing foot baths and a warm oil massage, a safe space to express everything you're feeling, a fresh load of washing, a long nap...whatever you need.

What's included in an in home visit?

- Cooking delicious meals & snacks
 - Feeding support
 - Emotional support
- Luxurious food baths and warm oil Abhyanga massage
 - Village building
 - Facilitating rest and self care
- Connections to my hub of recommended health practitioners and exclusive partner discounts.
- Education on normal newborn feeding and sleep and how to support it.
 - Sharing the beautiful art of baby massage.
 - Practical help around the home.

And SO much more!

Support Options

The Soft Landing



During your fourth trimester
3 x 3-hour in-home visit

1 x meal and 1 x snack at every visit

Phone and email support
in between visits

A place in my baby massage course
(valued at \$210).

Price \$1,400

The Love Bubble



During your fourth trimester
6 x 3-hour in-home visits

1 x meal and 1 x snack at every visit

Phone and email support
in between visits

A place in my baby massage course
(valued at \$210).

Price \$2,750

MOST POPULAR

The Full Embrace



During your fourth trimester
10 x 3-hour in-home visits

1 x meal and 1 x snack at every visit

Phone and email support
in between visits

A place in my baby massage course.
(valued at \$210).

Price \$4,000

Optional add ons

Add any of the below to my packages:

Top up postpartum care visit

You are welcome to book up to 3 additional postpartum care visits once your package comes to an end.

\$380 each

An extra meal and snack

Add an additional meal and snack, selected from my menu (with multiple servings) to bolster your food supply for the week or stash in your freezer.

\$70



Nourishment

Did you know your nutritional needs during postpartum are higher than at any other time in your life as a woman?!

I aim to ensure you're well nourished and can find a source of comfort and enjoyment in good food.

We will talk closely about any allergies, intolerances and food preferences. I carefully source and provide all the ingredients for you so there are no hidden costs. These will be organic, sustainable and local where possible.

The following pages include sample menus to give you a sense of what I enjoy cooking for my clients.



SAMPLE

Main Meals

Red lentil and miso dhal

A warming and moreish bowl of creamy red lentils with tomato and miso. Served with extra coconut milk, fresh coriander and brown rice. This is also great with a soft boiled egg on top for extra protein.

Peanut, tofu, green bean and sweet potato rice tray

Rich and sweet with a fresh kick from the ginger and lime. Served with fresh greens and a dollop of yoghurt.

Ginger and veggie fried rice (bacon optional)

This is often the first meal a Mum would eat after birth in China, always prepared lovingly by a family elder. Light and warming with ginger to boost blood circulation.

Pesto pasta

Freshly made basil pesto with walnuts and parmesan served with fresh fettuccine.

Green simmer soup and sourdough bread

A great way to boost your intake of greens - spinach and peas have never tasted so good. Topped with roasted pumpkin seeds and grated Parmesan and yogurt.

Comforting chicken stew

Made with smokey bacon, tomato, red wine, cannellini beans, fennel seeds and thyme this is the ultimate comfort food. Served with some greens and crusty sourdough to mop up the sauce.

Slow-cooked lamb shanks with sweet potato mash

Cooked in a rich tomato sauce with carrots, celery and lots of fresh herbs.

Roasted pumpkin, sweet potato & cauliflower soup with kale chips and halloumi

Hearty and warming with grounding root veggies and of course, HALLOUMI!

SAMPLE

Snacks

Best banana bread ever

Lightly spiced and with chunky walnuts, this is a morning tea staple.

PB & choc lactation cookies

A chunky, chocolatey cookie packed with lactation-boosting ingredients including oats, flaxseed and brewers yeast.

Thai salmon fish cakes

Made with sustainably caught wild Alaskan salmon which is one of the highest sources of Omega 3s. These fish cakes are full of flavour and have a hint of thai spice.

Gingernut cookies

Chewy with a hit of ginger.

A batch of fig walnut and vanilla granola

My sister-in-law and I once had a brand of granola that sold in high-end department stores and fancy grocers across Europe... a true story! This flavour was a bestseller. Serve with nut butter, milk and yoghurt for a quick and super nutritious breakfast.

Mini frittatas with peas, feta & sundried tomato

A satisfying and protein packed one-handed snack option.

The Investment

Hey, I get it, the process of planning for and welcoming a baby into the world can be an expensive one!

I have aimed to provide care options to suit a range of budgets and also share generously with my free content and online offerings to help make postpartum care education as accessible as possible.

I can guarantee that you will never regret the time and money you invest in planning for a well-supported postpartum. "I had too much support during my postpartum", said nobody ever.

If you would like to work with me but the cost is a barrier, please consider some of these options:

– Are you or your friends planning a **baby shower**? Rather than collecting 100 swaddles on the day why not collect contributions to your postpartum package?

– Are your **parents or close family** living overseas or interstate? Kindly ask them for a contribution to your postpartum care package. This is very common among my clients! Your parents will love knowing you are being looked after if they can't be hands-on themselves.

– Do you work for a **big corporate or a progressive company**? Why not suggest postpartum package support contributions to the EA, HR Team or whoever organises leaving gifts for you and your pregnant teammates? Many companies will love the environmental aspect of this - a valuable service is always preferable over more stuff.

– I am also open to **payment plans** on a case-by-case basis.



Mum Testimonial

The doula service provided by Mazz has been incredible! It is something I didn't realise how much I needed until we started. The first 6-weeks are quite a blur and you can easily feel overwhelmed so having Mazz visit weekly was a huge help.

She provided me with so much support, information and guidance, along with a weekly meal & snack, meaning we didn't have to worry about dinner. The meals were delicious and we loved learning the baby massage. I always felt empowered after our sessions and looked forward to each week knowing I could ask questions or do something as simple as wash my hair whilst Mazz minded our baby.

I would highly recommend Mazz to any new mums.

Courtney - Mum to baby Savannah



Partner Testimonial

Mazz made Edwina feel so well supported and cared for which was really important as everyone else's focus (including my own) was on the new addition to the family.

Mazz has great knowledge, insights and open communication which put all our concerns at ease. Her advice really helped to guide Edwina through postpartum.

Having Mazz visit was a great focal point for us in our week - something we were always excited about. We really enjoyed having Mazz in the family at such a special time. I would highly recommend Mazz as your postpartum doula. She is professional and caring and her cooking is incredible. The dahl was so tasty!!!

Andy - Dad to baby Max



Couple Testimonial

“Mazz was such a crucial part of our postpartum experience - giving us time each week to focus on recovery, reground ourselves and benefit from her nutritious and delicious meals!”

Chloe, Mum to baby Effie

“It was awesome having Mazz support us on our newborn journey. Especially as I returned to work it was really comforting knowing Chloe was being looked after so well! Thank you Mazz!”

Ed, Dad to baby Effie



Mum Testimonial

“With Mazz in our support network, I felt calm, encouraged, and heard. I genuinely looked forward to each visit and am so grateful for the connection and friendship created over our time together.”

The quality of meals and snacks on offer was delicious and the relaxing foot soak and ‘Mazzages’ each week were such a treat.

You will not regret engaging Mazz to assist in creating a soft landing for your postpartum period – with such beautiful energy, she is a rare gem.”

Zoë, Lewie and baby Ziggy

My Partners

Surrounding myself with like-minded holistic practitioners and businesses is a top priority! Referring my clients to the right people at the right time can have the most powerful impact.

A growing number of my partners are now offering generous discounts to my clients, including:

- Midwifery & Lactation Sydney (in person & online)
- Jes Chev - Ayurvedic Practitioner
- Stella Parker Chinese Medicine
- Mayde Tea
- Scout Pilates & Yoga
- In Bloom Naturopathy (online)
- The Gentle Sleep Coach (online)
- moode prenatal supplements
- Groove Therapy - pregnancy & postpartum dance course (online)
- Daniella Photography - maternity, newborn and family photography

Check out more details on these partner discounts here:

www.thebondwellbeing/partners



Baby Massage Classes

Learn baby massage and enjoy expansive growth in the bond between you and your baby.

Additional benefits include:

- Relaxation through the release of oxytocin, serotonin and dopamine for parent and child.
- Relief from the discomfort associated with digestion, constipation and teething.
- Stimulation of all major bodily systems impacting brain development, balance and coordination and digestion.

Learn in a warm and welcoming environment alongside other parents in the same stage of life. My regular courses run at **Manumission Yoga in Paddington & Scout Pilates & Yoga - Marrickville.**



"Baby massage has been a very special and unique way for me to connect with my baby. It is now a part of our daily routine and I couldn't recommend it more to new parents."

-Kristina and baby Arthur

Book your free consultation

Let's clarify your unique vision for your postpartum, identify challenges that may arise and discuss how I can best support you and your family during this transformative season of life.

I can wait to chat with you.

Mazz

BOOK HERE

