



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 healthy comfort food, moreish snacks, mugs of hot tea, healing foot soaks and a warm oil massage, a safe space to express everything you're feeling, a fresh set of sheets and a long nap...whatever you need I've got you.

What's included in an in home visit?

- 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 \$2,500

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

Up to 3 additional visits can
be added to each package
\$400 each

Nourishment

Food not only provides a vital source of nourishment but also a source of comfort and joy in your postpartum.

I'll ensure you're well nourished through the food I bring to each visit, extra meals I can cook for you at home and by making sure we pre-plan where all of your meals will be coming from ahead of time - hint, you won't be cooking!

I'm incredibly proud to be partnering with **Nourishing Club**, a cult meal delivery and catering business founded by **accredited Nutritionist Kate Levins (ATMS)**. Kate will prepare the delicious and highly nutritious meals and snacks that I'll serve up for you at home.

We have carefully co-created a menu of mouthwatering postpartum food that will have you hanging out for each new delivery.





Main Meals

Green pie with fennel, silverbeet & herbs in handmade pastry

A creamy pie filled with greens and herbs which is reminiscent of spanakopita. Rich in iron, this pie is ideal for postpartum blood building.

Rice and quinoa congee with lemongrass, ginger, mushroom, pumpkin, greens and tamari glazed tofu

A beautiful, slow-cooked and easy to digest meal that is filled with spices to support lactation.

Lemongrass and ginger mung bean curry with broccoli, zucchini and spinach

Warming herbs and spices on a base of coconut milk, filled with vegetables and mung beans, this dish is full of beneficial micronutrients, good healthy fats and quality protein to satiate and restore.

Leeks, greens beans, herbs & lemon soup

Protein-packed white beans and fibre-rich vegetables, this soup is basically a multivitamin for the body, and great for the soul, too

Red lentil dhal with greens and coriander

This dhal is protein-rich, and easy to digest, with warming and revitalising spices.

Lentil, herb and mushroom shepherd's pie with sweet potato and tahini mash

A healthier, plant-powered spin on this classic and hearty dish. Topped with a creamy layer of sweet potato mash spiked with tahini and olive oil

Additional 500ml jars of nourishing and healing organic bone broth will also be included throughout your series of visits.



Snacks

Chocolate, oat and coconut lactation cookies

A simply delicious cookie with ingredients to support breastfeeding means that you can't share them with your partner!

Seasonal sweet or savoury muffins

Our range of muffins are such a nourishing snack, with a delicious texture and just the right amount of indulgence, too.

Adzuki bean chocolate brownies

Beans in a brownie, I know what you're thinking. Rest assured these taste more brownie than bean! Full of magnesium which helps to calm the nervous system and support good sleep!

Chewy cashew/ coconut chocolate bars

Made from pumpkin seeds, coconut nut butter and rice malt caramel, these chocolate-coated bars are seriously heaven.

Seeded crackers with garlic and seasonal dip

Crunchy, satisfying and moorish these crackers come with our iron rich pesto or blood building beetroot dip.

Zucchini, leek pea & herb fritters OR Salmon, carrot and herb fritters -

These delicious morsels are loaded with vegetables and/or salmon and pack so much flavour into each bite. The perfect one handed snack.





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

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



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

