

Post Natal Doula Support

The first days after birth are a little crazy, riding the rollercoaster of hormones, having a whole new job, a body that just went through an amazing effort, your partner that has more on his hands than ever and a household that turned 180 degrees around.

Having a post natal doula to support you in those first 40 precious days will make this period not only easier but also precious time as you have more time to bond with your newborn and extra hands to find a new structure in your new life.

A post natal doula can make all the difference.

Basic Package

- Hours of support - depending your package size
- Belly binding incl. materials
- Closing rebozo ritual incl. materials
- Yoni Steam bath
- Simple Household tasks
- Cooking and Comforting Recipes.
- Advise
- Postnatal recovery yoga-exercises

The PRICES

Overview of prices for 2021.

Belly Binding only	35€
Closing Rebozo Ritual only	55€
20hour Support Package	250€
40hour Support Package	400€
Extra Baby-Mama Yoga*	15€
Extra PostNatal Yoga for recovery	15€
Extra Mama Massage	+25€
Extra Recipes and Meals	+15€
Extra Massage Energetic	+65€
Extra Crystal Workshop	ASK

*Baby Mamy Yoga is after the first 6 weeks
Recipe and Meals per Meal.

Optional you can add hours of support.

Materials for the massage, bellybinding, rebozo closing ritual, steambaths are included.

DATES:

- ★ September - November '21
- ★ Januari - March '22
- ★ May - July '22

Ask for the availability from your guessed date of birth - The support last for 6 weeks and we plan it in good cooperation..

The PROGRAM:

The support package will look more or less like this;

After you got home with your newborn Eline will come the first day to help clean up the house. Make sure the bathroom is hygienic and ready for both mama who is recovering and newborn baby who is vulnerable.

Organize a meal for the family so they can bond and ground together not worrying about what to eat. The food will be healing and supporting the mama.

A few days later Eline will come to assist more with daily household, doing a laundry, cleaning the floor. And help mama with a yoni steambath, support her with her breastfeeding.

Another session we will evaluate if the belly is ready for belly binding, a supportive traditional way to stimulate recovery and help mama move and some more cooking to have you going for the next days.

Another session we will work with postnatal massage for mama to relax and recover together with the partner we will look at where the help is needed that day. (household, nurturing mama or baby)

After the first 2 weeks have passed we can slowly work with post natal breath and movement to heal the body and relax the mind.

Towards the end of the 40 first days we will do the rebozo closing ritual. The more hours there are the more Eline can offer you her help with siblings, household and being there for extra hands, so mama can shower and stretch.

About Eline

Eline, has been a pre- and postnatal and baby-mama yoga teacher for 5 years, a yogateacher for 10years and has 2 kids. She gave birth on Fuerteventura where there is no post natal support other than the help of friends and/or family.

She studied social work and pedagogy and worked at daycare centers in Holland when she is not in Fuerteventura or travelling.

Growing the passion to work with newborns and newborn mamas, she trained with the post natal support network to become a post natal doula.

How do we start?

If you feel like having some extra hands in those first 40 days would be handy, than just send a whatsapp, mail or contact form to Eline with your expected date and what you like to have help with after the baby is there.

Eline will come over to meet you and tell you all about the options and the prices. Local prices. The help will be planned accordingly, we will schedule when we will start (how many days after the birth would you prefer to have your hands ready), after you get home your partner can inform Eline about the new babies arrival and she will schedule in the first session. Beforehand we spoke about all the options, Eline will just do her thing and wont stay long, you need your space and time to become the family at home. If you decide to add some extra help you can always ask!

What can Eline help with

First of all there is the help with mama and baby.

Eline can prepare a yoni steambath for mama to heal and fele fresh below again.

Belly binding to help you with the closing of the abdominals and give you support.

A post natal massage to stimulate the bodies recovery and relax in these weird days the mind for a moment.

If there has been a cesarean birth Eline will help more with the movements, washing and dressing when the partner also has his hands full.

If it is the first born there will be lots of information you can ask about the breastfeeding, meals for yourself, healing the belly and pelvic floor, movement, how to treat the baby, sleep and diapers.

Eline can help with care for the newborn in different ways from bathing and changing, to just holding hands there for a moment to relief the arms of mama so she can take a shower.

Household tasks like the laundry, cleaning the floors, the bathroom and kitchen.

Taking care of siblings that need a little more attention in those first days aswell, helping the family to bond and taking care of meals and washing, dressing of older brothers/sisters.

Helping the partner into their new role.

Being a listening ear.

All you need is here!

Reservations and Booking

There is space for 3 families a month and extra loose rituals and care.
To book Eline we recommend you max week 35 of pregnancy to have the meeting and start planning the tasks and sessions you want.

Payments: Eline will send you an invoice for the prebooked services.
Any additional services will be paid afterwards.

Before booking please check for availability and your wishes, email right away to:
eline@yogaline.eu

Or fill out the form here: www.yogaline.eu/postnatalsupport

