



Postpartum = [fUZW ŽFZW@gfgdW ? S_ _ S

What we offer:

- Complete nourishment for Mumma
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bWJaVž
- Fill your Freezer - private in home cooking session 3 hours making meals to be frozen for your initial postpartum period \$200 plus ingredients
- Meal Service - 4 meals approximately 20 servings made fresh and delivered to your door. Orders to be made before COB Friday for delivery on Monday the coming week. \$200 (delivery costs vary depending on location)

What we do:

» Supporting a family and Mother to adjust to her new life with a new baby is such a special and symbiotic period of time that requires special care from those in her inner circle. Having a postpartum doula is a key person to have in your team who can help keep the focus where it needs to be. Ultimately to have the family and Mother thrive.

Jenna is a birth & postpartum professional whose experience covers a range of modalities that will support a woman and her family during there sacred postpartum journey. It has been through her personal experiences of becoming a Mother that has led her to value and understand the importance behind mothers being mothered during the postnatal period to aid healing from birth, bond with baby and adjust to new family life.

Jenna is married to Al and together they have 3 children; Willow, Riley and Micah. Her children are her driving force to creating a support system for Mothers and families embarking on their new parenting journey.

Jenna covers Sydney, Central Coast and Newcastle NSW.

”Mothers are the fabric of our society - a healthy society needs healthy families, and healthy families rely on healthy mothers” Dr Oscar Serralach Author of The Postnatal Depletion Cure

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