



Independent Midwifery Support

Postnatal Care Package

Personalised, holistic care from birth until six weeks postpartum. Supporting and navigating your journey to motherhood in a wholesome and nourishing way. This package includes approximately 10 appointments in the comfort of your own home.

Holistic Postnatal Care- Expect care from Day 1 post birth and regular appointments within the first weeks of parenthood. New mothers need to be held and nurtured just like a baby is, because she too has just been born.

Additional appointments with myself or through the NHS can be added as desired or needed.

Whats included:

- Complete postnatal check for mother and baby
- Family-centred support
- Birth debrief
- Practical and emotional care during early motherhood
- Reassurance and encouragement as you enter matrescence
- Perineal healing support
- Caesarean birth recovery care
- Baby care advice and guidance
- Feeding support and baby weight checks
- Postnatal breath work and relaxation techniques
- Gentle postpartum yoga sessions to aid recovery
- Referral to other professionals as needed
- A 'Closing the Bones' ceremonial massage is offered for our final appointment honouring your journey into Motherhood.

You are still entitled to NHS care alongside independent midwifery support including access to screenings, additional medical care, blood tests and prescriptions from your GP.

I can help to arrange this as needed.

£2000

Mary Flynn (RM)
Independent Midwifery Services

www.yogimidwife.com