

Why is having a postpartum doula important to you?

How has your lifestyle been pre-baby?

What's your biggest concern after baby comes? I'll help take that burden off of you.

Do you have family support close by? Yes, I'll there to support your whole family.

What type of self care is part of your normal routine?

Do you find you feel better when you have time for self care?

Have you found it hard to squeeze self care into your schedule?

Do you and your partner prepare meals at home often?

Is this your first child?

Will your partner be taking time off after the birth?

How much postpartum time will you have off?

Can you send me a list of any food, herb or medication allergies, dislikes, constraints, etc.?

Mind set to gaining new clients:

I'm not really selling anyone anything, I'm inspiring them to say yes to themselves. I'm connecting them with valuable solutions they need to heal and grow, and the ability to take action now. People end up struggling and suffering on their own. When I connect with them it ignites the path to transformation and healing.