

# The Prepare Packages

Below are the available service options and what each package includes. Choose the level of support that best matches your goals, timeline, and desired outcome.

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## Prepare

A personalized 9–10 month, one-on-one prenatal and postpartum coaching experience designed to help you feel confident, informed, and prepared for birth and the transition into motherhood. Includes six 30-minute support sessions throughout pregnancy and early postpartum.

Sessions are timed to align with each stage of pregnancy so you always know what to expect next.

Session timing:

- First trimester support
- Second trimester planning & expectation
- Birth preparation
- Third trimester readiness
- Immediate postpartum preparation
- Postpartum recovery check-in

## **What We Cover**

### **First Trimester Preparation**

- Understanding early pregnancy changes
- What to expect at your OB visits
- Questions to ask your provider
- Nutrition and wellness basics

### **Second Trimester Planning**

- Birth education and options
- Creating your birth preferences
- Hospital vs. home birth considerations
- Provider communication strategies

### **Third Trimester Readiness**

- Hospital preparation
- Labor expectations
- When to go to the hospital
- Packing your hospital bag
- Stretching and Labor prep recommendations

## Birth Plan Guidance

- Review and refine your birth plan
- Understanding hospital policies
- Advocacy tips for labor

## Postpartum Preparation

- Healing and recovery expectations
- Preparing your home for postpartum
- Emotional health after birth
- Creating a support system

## Early Postpartum Check-In

- Processing your birth experience
  - Recovery questions
  - Adjusting to newborn life
  - Support system expectations & follow through
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- **Included resources:**
    - Guided postpartum prayers
    - Scripture encouragement for the motherhood journey

**Investment:** \$1,200

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## Prepare Experience

Everything included in the Prepare Package--plus more!

Includes eight 30-minute support sessions throughout pregnancy and early postpartum. Two personalized check-ins per trimester and two postpartum support sessions, thoughtfully scheduled throughout your motherhood journey.

## What We Cover

### Unlimited Text Support & Voice memo coaching

Questions often come up between appointments.

Clients can text and voice memo for:

- reassurance
- quick questions
- guidance on symptoms
- preparing for appointments

(Monday–Thursday 9 am – 4 pm CT response)

## **Birth Plan Intensive**

A guided session to help you create a clear and realistic birth plan including:

- labor preferences
- hospital policies
- advocacy tips
- partner involvement

## **Hospital & Labor Preparation**

Know what to expect when labor begins.

Includes guidance on:

- when to go to the hospital
- stages of labor
- what nurses and OBs are watching for
- comfort strategies

## **Postpartum Recovery Planning**

Prepare your home and family for postpartum life.

Includes guidance on:

- healing expectations
- postpartum mental health check ins and referrals if needed
- sleep rhythms
- partner support
- realistic newborn expectations

### **Included resources:**

- Guided postpartum prayers
- Scripture encouragement for the motherhood journey

**Investment:** \$2,200

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## **Prepare Planning Session**

A one-hour prenatal session to prepare your home, family, and recovery plan before baby arrives.

## **What We Cover**

### **Filling the Gaps**

A guided session to help you navigate specific questions, concerns, or interests:

- advocacy tips
- trimester expectations
- expectations for OB appointments

Your specific questions and needs will be covered during this time!

**Investment:** \$300

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## Optional Add-Ons & bonuses

### **Prepare + Restore Experience — \$2,100**

*Save \$300 when you commit to comprehensive support from pregnancy through postpartum.*

- **extra 30-minute postpartum check-in**
- **partner preparation session**
- **personalized Postpartum Nutrition Support Plan**

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Select the package that best fits your needs, and I'll confirm scope and next steps to get started.