

Māmā and pēpi plus one

Each week, will include one hour to connect, talk about the week just been, things you'd like to work on, ages and stages, and questions you'd like answered. A quiet reflection over a cuppa.



Then the next two hours are yours to spend however you wish. Jay will care for your babies using her experience as a homebased educator caring for whatever your child needs while you're away. These two hours are for taking time for yourself with your friend. Enjoy a walk in the nearby Hamilton Gardens or along the river, stop for a coffee or go for a run, do some retail therapy or grab a massage, or curl up in the couch and grab some zzz's (If it's a bit soon to be apart from baby then we can just spend the time together). Return for one more hour to plan for the week ahead. Completely customised to suit your needs.

Your well-being is as vital as that of your baby. Sleep deprivation is a main driver of post natal blues. This package is designed to support you, empower you and revive your energy.

Full payment is required at the time of booking however should you need to skip a week for whatever reason, this can be used at a later time.

\$600 for six weekly support sessions

CONTACT

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