

Other Services We Provide...



- Pre and Postnatal in home/hospital Doula Support
- Effective Birth Planning
- Infant Sleep Settling
- Feeding Support and Information
- Hypno-Relaxed Birthing classes
- Placenta Encapsulation and Keepsakes
- Family Therapeutic Massage
- Postnatal Family Massage (mobile)
- Infant Massage Instruction Classes
- Conception to Parenting Coaching
- Mindfulness Classes
- Belly Casting
- Swarovski and Preciosa Crystal Mobile Gifts

SEE WEBSITE FOR MORE
INFORMATION AND PRICES

2014 Referral from a dad...

"I highly recommend Dee as a Doula and birthing coach. Early in our pregnancy my wife and I decided to pursue a natural birth. I soon realised I may not be able to provide all of the support my wife required throughout this new experience. It was reassuring for both of us to have the support, care and expertise of Dee leading up to and during the birth. The birth of our daughter was an exciting and magical experience. I was amazed by my wife's confidence and control that in no doubt was aided by the calm and focused presence of Dee."

Regards
Craig.

Research says having a doula means...

REDUCTIONS in the rates of:

Caesarean Section by 50%
Use of forceps by 40%
Requests for epidurals by 60%
Use of synthetic oxytocins for inductions and augmentations by 40%
Drugs used for pain management by 30%
The length of labour by 25%
Anxiety (28% vs 40% without a doula)
Depression (10% vs 23% without a doula)

INCREASES in the rates of:

Breastfeeding beyond 6 weeks postnatal (51% vs 21% without a doula)
Higher self esteem (74% vs 59% without a Doula)

Find out here, what it is you didn't know
you needed to know :o)

Butterfly Beginnings Peri-natal Care Services



Melbourne Australia

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Love your Birth...
Enjoy your Baby...
Love your Life...

Services for
**Pregnancy, Birth,
Baby and
Parenting.**



Peri-natal Care
Family Support Services

Where having Positive Experiences
and a Healthy Family is your Goal!



Filling in the gaps between your medical and alternative care for birth and new parenting!

Doula Birth Attendant

A doula is best described as a non medical midwife. She is a trained professional, hired by you that specialises in pregnancy, birth and early infant/mother care.

A doula can improve the birth experience for mother and baby in many ways. Supporting women and their partner before, during and after labour by providing personal assistance, emotionally, physically and practically whilst maintaining full continuity of care. A doula will draw on experience, knowledge and training to give you emotional support and physical comfort throughout the birth. A doula will also provide you with as much information on topics surrounding childbirth so that you can base your decisions and your birthing plans/wishes on a variety of unbiased information.

A doula will offer tips, suggestions and information and give you help exploring whatever environment you choose to birth your baby in.

Doula Postnatal Care

Sometimes life can get a bit overwhelming, throw a newborn in the mix with no instruction manual to refer to and you might just find yourself in unexplored, exhausting and often, overwhelming territory. All of a sudden you have a new born and they can't use words to communicate their needs, you may even need to negotiate around sleep with other children you have as well.

Advice from friends, family and the copious amounts of books can be conflicting and confusing.

A postnatal doula can help with, breastfeeding, sleep settling, sibling support, house duties, cooking, shopping, outings, routines, understanding your newborn and much more...

We can simplify and tailor support and planning around what your individual family needs are!

Doula Dee

I will work with you to improve the birth and new parenting experience for you and your baby with emotional, physical and practical assistance. You will be provided with all the benefit of my training and experience to ensure you can make informed, wise decisions.

Butterfly Beginning's came about, after finding secret talents and tools that have helped so many transform their lives permanently and beyond expectations. It is so important to get in touch with yourself so as to recognise stresses and learn the tools to relieve symptoms before they become problematic in your life. At Butterfly Beginnings, programs are tailored to your budget and needs.

I have experience in helping mums and dads prevent and recover from Anxiety and Depression.

I have taken a special interest in relaxation and confidence building skills with a knack for inspiring people over decades now.

There is so much more to share and so little room in a brochure. I'd love to chat with you if even for a moment to make sure you are linked in with services that will best help you achieve the best birth outcomes for your family.

“Long-term studies demonstrate that women recall their birthing experiences with unparalleled clarity, even decades later. Women who feel nurtured, respected, and empowered to participate in making decisions regarding their birth process seem to experience a permanent positive impact on their self-esteem.”*



Where to from here?

Give us a call, email or txt to talk about making a free initial consultation to discuss your families needs.

A Typical Birth Support Package*

- 3 prenatal visits to help prepare you for the birth of your baby and what to expect once your baby arrives
- 24/7 on call support from 2 weeks before your due date until 2 weeks after your baby arrives
- 2 post natal visits within the first 6 weeks after your baby arrives
- Birth photography (if desired)
- A copy of falling in love with baby
- A copy of Empowering Birth Stories & Birth Goddess inspiration cards
- One free pregnancy massage

Birth support starting from \$750

Postnatal Support

We can tailor plans for additional support for Recovery with...

- Understanding your newborn
- Light house cleaning
- Meal preparation
- Sleep settling support techniques
- Mobile Massage for mum, dad and bub*
- Feeding support, information and guidance
- Family bonding
- Birth debriefing and recovery
- Overnight support too!

Post birth services starting from \$45 Per hr