



NURTURED NEST ADELAIDE

Doula Support Packages

Dinnur Abdulla

A Little About Me



Hello, my name is Dinnur but you can call me Dee.

I'm a doula based in the northeastern suburbs of Adelaide.

I'm a mum to two beautiful boys and it was my eldest who inspired my journey to becoming a doula.

I believe every birth is unique and it is every woman's right to feel empowered, heard and seen during their pregnancy and postpartum period.

I would be honoured to support you in this journey of welcoming your newest little addition.

I will provide you with emotional and physical support along with evidence based information so that you can make the best decision for you and your family. I will help you advocate for yourself and ensure that your wishes are being heard.

Your birth and postpartum story stays with you forever, so making it an experience that is empowering, positive and one to cherish for the rest of your life will be the best investment ever.

Doula Packages



All-In-One Package

This package is for families wanting antenatal education to feel empowered throughout all three stages. I will support you through your birthing experience whilst also nurturing you in the postpartum period.



Bump & Beyond Package

This package is for families wanting antenatal education so you're well informed about what to expect, whilst also wanting to keep your birth experience private. I will be there to support and nourish you during the postpartum period.



Rest & Restore Package

This package is for families wanting to focus on transitioning to parenthood. In this package I will provide essential care and support so that you have a smoother start to the fourth trimester whilst also feeling confident and nurtured.

Doula Packages



All-In-One Mini Package

This package is for families wanting antenatal education to feel empowered through all three stages in a more condensed form. I will be there to support you throughout your birthing experience whilst also nurturing you in the postpartum period.



Birth Only Package

This package is for families wanting antenatal education to feel empowered in their birthing experience. I will be there to support you through your labour and after while you keep the postpartum period private.



Virtual Support Package

This package is for families that are located outside of Metro Adelaide. I can support you virtually with antenatal education so you are well informed about what to expect during your birthing experience.



All-In-One Package

- **Three x 2 hour in home antenatal sessions to help prepare and empower you through all three stages.**
 - > Pain relief options.
 - > Understanding labour stages and how to navigate them.
 - > How to create an oxytocin rich birthing environment.
 - > Guiding your partner to feel confident in ways to support you.
 - > Birth preferences to ensure your wishes are being heard so that you feel confident in labour.
- **Option to attend a hospital appointment with you.**
 - > This gives me the opportunity to meet your care team and ensure your voice and wishes are being heard.
- **A face-to-face check-in between 38 to 40 weeks to support you in your final weeks.**
 - > This can be done in the comfort of your own home.
 - > session can go for up to 2 hours and I can support you in whichever way you need.
- **24/7 on call from 38 weeks pregnant.**
 - > In person labour and birth support.
 - > Access to all my tools in my doula bag to help you cope with labour.
 - > Advocacy, Partner involvement & Techniques to provide you comfort.
- **A one-week postpartum care package delivered to your door.**
 - > Includes two to three meals and snacks so you and your loved one can relax and enjoy the newborn bubble.



All-In-One Package

- **THREE x 3 hour in home postpartum visits within the first 12 weeks.**
 - > Debriefing your birth experience.
 - > Emotional and Practical support.
 - > Sibling Care if this is not your first baby.
 - > Light household duties including vacuuming, mopping, laundry and doing a general tidy up of the place.
 - > Postpartum meals will be provided for each session.
- **On going emotional support via phone or email.**
 - > Throughout pregnancy and postpartum because your journey continues well beyond our in-person visits.
- **Access to my educational books to suit your needs.**
 - > If you're needing extra support, my little library of books can be helpful to answer any questions you may have.
 - > Local resource list can be provided if you're needing extra support such as mum groups within your area.

PRICE: \$2,600

> **payment plans can be provided upon booking with a non-refundable deposit.**



Bump & Beyond Package

(No Birth Attendance)

- **Three x 2 hour in home antenatal to help prepare and empower you through all three stages.**

- > Pain relief options.
- > Understanding labour stages and how to navigate them.
- > How to create an oxytocin rich birthing environment.
- > Guiding your partner to feel confident in ways to support you.
- > Postpartum preparation so that you feel ready and confident in your journey.
- > Birth preferences to ensure your wishes are being heard so that you feel confident during labour.

- **A one week postpartum care package delivered to your door.**

- > Includes two to three meals along with snacks so you and your loved one can relax and enjoy the newborn bubble.

- **THREE x 3 hour in home postpartum visits within the first 12 weeks.**

- > Debriefing your birth experience.
- > Emotional & Practical support.
- > Sibling care if this is not your first baby.
- > Light household duties including vacuuming, mopping, laundry and doing a general tidy up of the place.
- > Postpartum meals will be provided for each session.



Bump & Beyond Package

(No Birth Attendance)

- **Ongoing emotional support via phone or email.**
 - > During pregnancy and postpartum because your journey continues well beyond our in-person visits.
- **Access to my educational books to suit your needs.**
 - > If you're needing extra support, my little library of books can be helpful to answer any questions you may have.
 - > Local resource list can be provided if you're needing extra support such as mum groups within your area.

PRICE: \$1,650

- > **Payment plans can be provided upon booking with a non-refundable deposit.**



Rest & Restore Package

- **Two x 2 hour in home postpartum sessions before baby arrives.**
 - > This can be customised to how you want.
 - > Can assist you with preparing postpartum meals.
 - > Getting the nursery ready.
 - > Can assist you with preparing your hospital bag.
- **Regular check in during your pregnancy along with continuous emotional support during the postpartum period via phone or email.**
- **A one week postpartum care package delivered to your door.**
 - > Includes two to three meals along with snacks so that you and your loved one can relax and enjoy the newborn bubble.
- **THREE x 3 hour in home postpartum visit within the first 12 weeks.**
 - > Emotional and Practical support.
 - > Sibling care if this is not your first baby.
 - > Light household duties such as vacuuming, mopping, laundry and a general tidy up of the place.
 - > Postpartum meals will be provided for each session.
- **Access to my little library of educational books to help you further during this time along with a local resource list if needed.**

PRICE: \$1,800

> Payment plans can be provided upon booking with a non-refundable deposit

A close-up photograph of a newborn baby's face, eyes closed, being gently held by a person's hands. The baby's head is resting on the person's palm, and their fingers are visible near the baby's face. The background is dark, making the baby and the person's skin stand out.

All-In-One Mini Package

- **One x 3 hour in home antenatal session to help prepare and empower you through all three stages.**
 - > Pain relief options.
 - > Understanding the stages of labour and how to navigate them.
 - > How to create an oxytocin rich birthing environment.
 - > Guiding your partner to feel confident in ways to support you.
 - > Postpartum preparation so that you feel ready and confident in your journey.
 - > Birth preferences to ensure your wishes are being heard so you feel confident during labour.
- **A customisable 2 hour in home session to suit your needs before your baby arrives.**
 - > Can help prepare the nursery.
 - > Assist with organising your hospital bag
 - > Can assist with preparing postpartum meals.
- **A face-to-face check-in between 38 to 40 weeks to support you in your final weeks.**
 - > This can be done in the comfort of your own home.
 - > Session can go for up to 2 hours and I can support you in whichever way you need.
- **Option to attend a hospital appointment with you.**
 - > This gives me the opportunity to meet your care team and ensure your voice and wished are being heard.



All-In-One Mini Package

- **24/7 on call from 38 weeks pregnant.**
 - > In person labour and birth support.
 - > Access to all my tools in my doula bag to help you cope in labour.
 - > Advocacy, Partner involvement & Techniques to help provide you comfort in labour.
- **A one week postpartum care package delivered to your door.**
 - > Includes two-three meals along with snacks so that you and your loved one can relax and enjoy the newborn bubble.
- **THREE x 3-hour in home postpartum visits within the first 12 weeks.**
 - > Debriefing your birth experience.
 - > Sibling care if this is not your first baby.
 - > Emotional & Practical support.
 - > Light household duties including vacuuming, mopping, laundry and a general tidy up of the place.
 - > Postpartum meals will be provided for each session.
- **Ongoing emotional support via phone or email.**
 - > During your postpartum period because your journey continues well beyond our in-person visits.
- **Access to my little library of educational books to help you further during this time along with a local resource list.**

PRICE: \$2,400

> Payment options can be provided upon booking with a non-refundable deposit.



Birth Only Package

- **Two x 2 hour in home antenatal session to help prepare and empower you during labour.**

- > Pain relief options.
- > Understanding labour stages and how to navigate them.
- > How to create an oxytocin rich birthing environment.
- > Guiding your partner to feel confident in way to support you.
- > Birth preferences to ensure your wishes are being heard so that you feel confident in labour.

- **Option to attend a hospital appointment with you.**

- > This gives me the opportunity to meet your care team and ensure your voice and wishes are being heard.

- **A face-to-face check-in between 38 to 40 weeks to support you in your final weeks.**

- > This can be done in the comfort of your own home.
- > Session can go for up to 2 hours and I can support you in ways that you need.

- **24/7 on call from 38 weeks pregnant.**

- > In person labour and birth support.
- > Access to all my tools in my doula bag to help you cope in labour.
- > Advocacy, Partner involvement & Techniques to provide you comfort.

PRICE: \$1,450

- > Payment plan options can be available upon booking with a non-refundable deposit.



Virtual Support Package

- Virtual support can be offered if you live outside of the metro areas of Adelaide.
- Each session can go for 2 hours depending on what topics you would like to discuss.
- Antenatal booklets will be shipped out to you so please give enough time for them to arrive before commencing the first zoom call.
- Each session cost \$150 and there is no limit to how many sessions you can have.
- Payments will need to be paid before session commences.
- Every family deserves to feel empowered despite where you live.

Nurtured Nest Adelaide

So am I the right fit for you?

Choosing the right doula for you and your family can be a pretty big decision. If one of my packages is the right fit for you, we can catch up over a coffee or tea so you can ask me any question you may have. I take on a limited amount of families each year so I can give you the care you need.

Dee xx

