



The
Innate Mama



Hello! I'm Marisa,
I am here to make you feel
supported, loved, nourished
and like 'A Goddess' in your
Postpartum.

THE INNATE MAMA

POSTPARTUM DOULA

Hey there gorgeous, I'm so pleased you are here!

My name is Marisa, I'm a qualified postpartum doula, Pregnancy/Postpartum Massage Therapist in Mornington, and I am very passionate about looking after Newborn Mamas & Mamas to be.

I'm so pleased you are looking for Postpartum support so you can have a more positive & peaceful postpartum.

Who is Marisa?

I'm a fun loving Mama of 3 (2 Children & a fur baby), a wife, I have a big heart, I love to hug, I enjoy having a joke, I'm compassionate, I love crystals & essential oils (I may be a little bit of a hippy but not too much!) I also love being in nature & I love chai lattes!

I'm very passionate about Birth, Postpartum & the transition in Motherhood. I want to guide you through a Postpartum where you feel cared for, listened to & nurtured.

We often see Postpartum as caring for the baby (in today's western society) but we forget about the Mother & what she needs.

This is where I can help you!

The first 40 days are super important, as I believe that's how we experience postpartum can affect how we feel emotionally, socially, spiritually & physically in the early years of motherhood.

When you are supported, loved and cared for (without judgement!) your journey into Motherhood will be much more joyful, peaceful &

open hearted. I will be there to hold your hand through this life changing transformation & guide you along the way when you are having 'one of those days!'

If you find these words resonate with you please check out what I offer below.

What to expect in a pre-natal catch up:

This is the time I get to know you & your partner. We chat about what is most important to you in Postpartum, I find out your likes & dislikes. The conversation is mainly guided by topics that you'd like to discuss (so have your questions ready!)

I will also bring in topics to discuss which could be about: setting boundaries with family/friends ~ to give you time to get to know your baby.

Breastfeeding confidently ~ I have your back!

Baby brain (yes it is real!) & the transformation into Motherhood.

I will be there to guide you along the way & support you in a more positive postpartum experience. Giving you the confidence to trust your motherly 'intuition' instincts.

Things we will chat about:

- Preparing for postpartum:
- Boundaries / a plan for visitors & family members
- Building your village ~ knowing who to call on
- Food preparation ~ what's on my delicious Menu
- Rest time, things that support your wellbeing
- Housework, realistic expectations, the fourth trimester
- How your baby will experience life outside the womb
- Benefits of Baby-wearing
- Breastfeeding
- Postpartum recovery & food that supports you best
- Birth & any concerns you may have ~ I may not attend births but I am knowledgeable in this space and have birthed 2 of my own babies so I'm happy to chat about your birth options and how to navigate the hospital system

What happens in Postpartum visits?

Lets face it: when it comes to Postpartum we all need an approach that's not a 'one size fits all'. I will tailor our visits specifically to you, so that your needs are meet.

If you need rest or need to get out of the house, then I'll send you off while I care for the baby and clean the kitchen,

If you are needing to be nourished with delicious postpartum food because you haven't eaten properly for a few days, then I will cook.

If you need time to away from older children then I'll entertain them & you can relax in a bath infused with healing postpartum herbs.

If your body is achy and needs some attention then my hands will work their magic with a healing Massage or Reiki.

I can teach you how to massage your baby (oh so calming!) or how to bath them.

If you want to de-brief about your birth then I'm hear to listen with an open heart & to feel with you.

Here are some other things you might like me to do:

Put out/ fold your washing, put clean sheets on your bed, pick up shopping, vacuuming and feed your pets. Whatever you feel you need (besides a full house clean, as I'm not a cleaner!) consider it taken care of.

I understand the transformation of becoming a mother is absolutely huge. It's a time where you can feel vulnerable or isolated so there will be a lot to talk about. We talk about any fears or worries you may have, sometimes we will laugh, and we might even cry - know that I am here to hold space for you & always honour where you are at.

Things we will chat about at Postpartum visit:

- A full birth debrief (for mum and partner) to ensure you are heard
- Making sure you are eating enough nourishing foods
- Managing fatigue, getting fresh air and doing something for you.
- Checking that your boundaries are being respected & that you aren't self-silencing
- Breastfeeding support and troubleshooting
- Settling tips for bub (Calm & gentle techniques, not sleep training)
- Setting realistic expectations around baby sleep, partner support

Package 1 ~ Healing Mama

1 x Pre-natal visit

10 X 3 hour Post-natal visits within the first 12
weeks

Text and voice message in the first 12 weeks
postpartum

4 x 60mins Postpartum Massage

Yoni Steaming

Closing of the Bones Ceremony

Baby Massage

Postpartum Gifts including nipple balm, breastfeeding tea,
Herbal bath sitz and other things your body will love &
support you in Postpartum.

\$2550

(payment plans available)

optional extra: Access to Amberly Harris's Breastfeeding Videos \$150

Package 2 ~ Nourish Mama

1 Pre-natal visit

6 X 3 hour Post-natal visits within the first 12
weeks

Text and voice message in the first 12 weeks

Mini Massages, Foot Baths, Reiki & Baby
massage

Postpartum Gifts including nipple balm, breastfeeding
tea, Herbal bath Sitz and other things your body will
love & support you in Postpartum.

\$1350

(payment plans available)

optional extra: Access to Amberly Harris's Breastfeeding Videos \$150

Package 1 ~ Mini Mama

1 x Pre-natal visit

4 X 3 hour Post-natal visits within the first 12 weeks

Text and voice message in the first 12 weeks

Mini Massages, Foot Baths & Reiki, Baby Massage

Postpartum Gifts including nipple balm, breastfeeding tea, Herbal bath Sitz and other things your body will love & support you in Postpartum.

\$950

(payment plans available)

optional extra: Access to Amberly Harris's Breastfeeding Videos \$150

Want to work with me?

I offer an obligation free phone call or you can book an online catch-up where you can ask all of your questions, Get to know me and see if I'll be the right fit for you.

For all packages a non-refundable deposit is required to secure your booking. I offer weekly, fortnightly and monthly payment plans if needed to pay the balance.

Call, email or slide into my DMs if you are ready to have a nourished & supported postpartum!

With love & blessings, Marisa xx

I'm based in Mornington & travel around the peninsula.
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