



# ABOUT ME

## WHO I AM...

Hi, I'm Imani and I'm dedicated to ensuring parents have the support and information they need to be the best parents they can be. Caring for a newborn can be demanding, and in-person support during this time is essential. I provide holistic support and advocate for ample rest for recovering mothers.

I take a gentler approach and am guided by the mother and baby's needs on a case-by-case basis.

Sessions last up to 4 hours and most mothers use the time to rest while I care for their baby. As a certified breastfeeding peer supporter, we can explore what pain-free feeding looks like for you and build up your confidence together to ensure longevity and success. I'm available on weekends, evenings, and at night-time (subject to your chosen package).

## SCOPE OF SERVICE

**I'm based in Brixton** and am able to take on clients who live up to 45 minutes away from the station.

# HELPFUL INFO

## MY NICHE

I specialise in supporting healthy relationships with breastfeeding and take a hands-on approach when caring for newborns to allow mothers the time they need to rest.

## MY POSTPARTUM PHILOSOPHY

Birth is empowering and requires a lot from women's bodies. I believe the only things a mother "should" do during the postpartum period are rest and get to know her baby. It's a time for community to come together to nourish her physically and emotionally so she can nurture her child and build her confidence as a new mum.

## HOW I WORK

Sessions last up to 4 hours and are tailored to what the mother and baby need on the day. Most families use the time to rest while I care for their newborns but this varies. I support on-demand feeding and bring baby to mother when they show early feeding cues. I can cook for you using recipes of your choosing but don't partake in heavy cleaning tasks to ensure focus remains on my expertise.

## 2024 AVAILABILITY

**I'll be on maternity leave from mid-May.** All postpartum care will need to be completed by the 15th May 2024.

## WHY ME?

With deep admiration for motherhood and a nuanced understanding of how to support families during the postpartum period, I provide a one of one service. My unique blend of professional expertise and personal touch ensures that I'm a tender and dependable member of your core support system.

My approach is shaped by my richly diverse upbringing and my commitment to holistically fostering the mother-baby bond. Raised by caring matriarchs, I value the power of community and women coming together to support one another. I'm committed to being someone you can trust and to supporting your parenting journey by respecting your choices, tending to your needs, and providing exceptional care to your newborn.

I'm a certified breastfeeding peer supporter and can support you with establishing healthy feeding habits. To discuss your needs and enquire about my availability, please [send me an email](#).

# POSTPARTUM CARE

## CALMING

- ✓ **5 days** of support
- ✓ Sessions last **up to 4 hours**
- ✓ Monday-Friday availability (10am - 5pm)
- ✗ Evening, weekend, and night-time availability

**£680**

## EASING

- ✓ **7 days** of support
- ✓ Sessions last **up to 4 hours**
- ✓ Flexible hours tailored to your needs
- ✓ Evening, weekend, and night-time availability

**£950**

## GROUNDING

- ✓ **10 days** of support
- ✓ Sessions last up to **4 hours**
- ✓ Flexible hours tailored to your needs
- ✓ Evening, weekend, and night-time availability

**£1,320**

## HEALING

- ✓ **14 days** of support
- ✓ Sessions last up to **4 hours**
- ✓ Flexible hours tailored to your needs
- ✓ Evening, weekend, and night-time availability

**£1,850**

## EACH PACKAGE INCLUDES

- ✓ One-to-one specialist care for your newborn while you rest
- ✓ Certified breastfeeding support
- ✓ Newborn care guidance and signposting to specialist services
- ✓ Meals prepared in your home from recipes you choose
- ✓ Birth debrief and reflections

## AD-HOC HOURS (£35P/H)

- ✓ 12 hours minimum per booking
- ✓ Must live in zones 1-3
- ✓ Must live within 40 minutes of Brixton station
- ✓ Monday-Friday availability (10am - 5pm)
- ✗ Evening, weekend, and night-time availability

ADD-ONS

30 MINUTE BELLY MASSAGE & WRAP - £40

POSTPARTUM HONOURING CEREMONY - £120