

## Services Offered

- Postnatal home visiting by qualified Midwife
- Settling and Routine guidance
- Breast feeding support
- Baby Massage
- Baby weighing and measurements
- Mother and newborn postnatal checks
- Baby care advice
- Wound care (in consultation with your obstetrician, or GP as required)
- Relaxation/self-hypnosis techniques following the 'BirthSkills' program

**Services available in all packages and for the first eight postnatal weeks**

Caring for Mums Caring for Babies

**MotherNurture**  
Caring for Mums Caring for Babies.



**Helping to guide  
New Families  
through the first eight  
weeks of parenthood**

**MotherNurture**

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## Philosophy

Bringing home a new baby is often an overwhelming time for many new parents.

MotherNurture will guide you with a range of techniques to help you and your family settle in with your new child.

We take a holistic approach to infant care. Each package is individually tailored to the needs of your family. All visits are conducted in the comfort of your own home.

With the guidance and the reassurance of qualified midwives at your side, you and your baby will bond more easily, making those early weeks smoother and more enjoyable.

All care is provided in consultation with your GP, Obstetrician or Paediatrician as required.

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## Packages Available

### Stage One - Three Weeks

- Three Home visits (approximately 1 hour)
- Phone support

### Stage Two - Six Weeks

- Six home visits (approximately 1 hour)
- Phone Support

### Stage Three - Eight Weeks

- Eight home visits (approximately 1 hour)
- Phone Support

### Single Visits also available

- All pricing available on request

### Private Health Rebates Available

- Individual funds vary, please check with your insurer

## Baby Massage Course

*commencing July 2008*

Four week Course, One Hour per week  
Conducted by a qualified Infant Massage Instructor (IMIS)

- Reduces Colic
- Improves settling and sleep cycles
- Assists in Infant bonding
- Detailed education on appropriate oils for babies and young children
- A great chance to meet new Mums

\*All oils included

\*Classes held in Western Suburbs

## Donna Mansell Registered Nurse/Midwife BirthSkills Practitioner Founder MotherNurture

As a parent myself I have experienced the joys of motherhood and understand firsthand the importance of support during this time.

With many years of experience in caring for new mothers and babies I have recognised that there are distinct benefits of professional midwifery care in the early postnatal period.

I adopt a friendly holistic 'wellness' approach to newborn care. Each in-home package is modified to suit your needs.

### Comments from some past clients

"Thankyou Donna for your wonderful professional, gentle support and wisdom"  
Tori 29

"Words can hardly express how grateful we are for all your care and help. We couldn't have done it without you" Lisa 36