



Herzhüterin

Doula Annette

**Space, support and guidance for pregnancy,
birth and the postpartum period.**

My services and packages for your journey.

I offer several packages ranging from a Doula consultation to full birth support – feel free to explore what fits your needs.



Doula Consultation

Sometimes you don't need a full support package, but simply space for a specific topic.

First meeting – 45 minutes | €50 (credited if you book a package)

Doula single session – €70 (e.g. as an extension to a package)

Postpartum care single session – €50



Support from Pregnancy to Postpartum

Including birth support.*

- one non-binding introductory meeting
- two meetings during pregnancy
- Continuous support
- On-call availability 14 days before and 14 days after the due date
- Support throughout the entire birth
- two visits during the postpartum period

Price: 990€



Preparing a Trusted Person for Birth Support

- one non-binding introductory meeting
- one session with you only (space for your topics and needs)
- one session with you and your support person to prepare specifically for birth

Price: 180€

* Current note: Due to my own busy family life with young children, I am currently only able to offer birth support in limited cases.



Postpartum Support & Mother Care

10 hours within 8 weeks

- Light support with everyday household tasks
- Freshly prepared, nourishing meals (ingredients not included)
- Care for the baby and/or siblings
- Support with breastfeeding or baby care
- Emotional support and relief

Price: €490



Support for Parents of a Stillborn Baby

You have learned that your baby is taking a different path than the one you had hoped for with so much love. Even now, you still have options. Even now, you can meet your baby, your pregnancy, and your body with care and compassion. I would be honoured to support you in this.

Orientation

- one non-binding introductory meeting
- continuous support via phone
- support at your home as needed
- assistance with organisational questions (e.g. regarding the funeral)
- rituals for you, your loved ones and your baby

Price: €250

By your side

- one non-binding introductory meeting
- support at your home before and after the birth
- on-call availability for 4 weeks
- support throughout the entire birth*
- assistance with organisational questions (e.g. regarding the funeral)
- rituals for you, your loved ones and your baby

*including loss or termination

Price: €790

Final Notes

- Mother Blessing / Blessingway Ceremony: price upon request, as the scope is individually tailored.
- All packages include travel costs within a 15 km radius from Möhrendorf. Beyond that, €0.30 per kilometre will be charged.
- Every woman deserves a doula by her side – I truly mean that. Please speak with me if you are currently facing financial difficulties. We will find a solution together.



I'm looking forward to get to know you

Sometimes all it takes is someone who stays.
Someone who breathes with you, holds you, and supports you.
This is the kind of support I want to offer you.

If none of the packages feel right for you, please feel free to reach out.
Together, we will create a form of support that fits you, your situation,
and your needs.

For contact, please use the form at herzhueterin.de/kontakt or send
an email to hallo@herzhueterin.de