



# Postnatal Packages

**Private midwifery support from  
the comfort of your own home!**



# Hi! I'm Kate...

**A MIDWIFE, LACTATION CONSULTANT  
AND CHILD HEALTH NURSE WITH DECADES OF EXPERIENCE...**



I am passionate about helping mums achieve a positive birthing and postpartum experience. I do this through a range of holistic, modern midwifery services.

I work with families across Adelaide who may feel overwhelmed and apprehensive about bringing a new baby home. I believe in setting you up for success by showing you how to tune into your body and baby, and follow your intuition.

You have a strong motherly instinct within you, however that doesn't mean it always comes easy... especially with so much conflicting information out there!

As a mum of two myself, I know how important it is to feel supported and nurtured during this special time. I have a number of postnatal offerings to make sure you receive the level of care you need and deserve.

 *Kate Bergamasco*

# Postnatal Packages

**HANDS-ON SUPPORT FOR UP TO 6 WEEKS POSTPARTUM AS YOU ADAPT TO LIFE WITH YOUR NEW BABY**

- Support with your choice of feeding method (breast, pump or bottle)
- Infant sleep & settling
- Debrief your birth experience & physical recovery
- Emotional support for you & your partner

# Empowered Mumma

**1 PRENATAL HOME VISIT  
4 POSTNATAL HOME VISITS  
UNLIMITED PHONE CALLS/TEXTS  
FOR THE FIRST SIX WEEKS**

**\$950**

- Your own private midwife to support you in pregnancy through postpartum
- Prenatal education and planning to set you up for success
- 4 in-home postnatal sessions to get you confident with feeding, settling, bathing your baby and checking on your physical and emotional recovery
- Your questions answered straight away with unlimited phone calls and texts for up to six weeks
- Medicare rebates available with a referral from your care provider



# Prepared Mumma

## 4 POSTNATAL HOME VISITS

**\$600**

- Your own private midwife to support you through postpartum
- 4 in-home postnatal sessions to get you confident with feeding, settling, bathing your baby and checking on your physical and emotional recovery
- Medicare rebates available with a referral from your care provider



# Supported Mumma

## 2 POSTNATAL HOME VISITS

**\$330**

- Your own private midwife to support you through postpartum
- 2 in-home postnatal sessions to get you confident with feeding, settling, bathing your baby and checking on your physical and emotional recovery
- Medicare rebates available with a referral from your care provider

# Lactation Consultation

**1 POSTNATAL HOME VISIT**

**OR**

**30 MINUTE ZOOM CONSULT  
(NO MEDICARE REBATE)**

**\$175**

- Breastfeeding specific support in the comfort of your own home or via Zoom



**I AM SO EXCITED TO  
SUPPORT YOU!**



**[hello@katebergamasco.com.au](mailto:hello@katebergamasco.com.au)  
[katebergamasco.com.au](http://katebergamasco.com.au)**

Prices are current as of January 2022 and are subject to change

