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# *The Postnatal Midwifery Package*

HOLISTIC, MODERN MIDWIFERY CARE

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ADELAIDE POSTNATAL MIDWIFERY  
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# Hello and welcome!

My name is Hannah Willsmore and I am a Registered Midwife, IBCLC (Lactation Consultant) and award winning Childbirth Educator based in Adelaide, South Australia

I created *Adelaide Postnatal Midwifery* because I saw how there was a distinct lack of support for new mamas during the crucial first six weeks postnatal. Why do we have so many midwife/doctor appointments in pregnancy, but so few postpartum?

I know this doesn't need to be the case, and how quality, in home postnatal care can support you to thrive, not just survive as you transition to motherhood. Through experiencing private midwifery care myself after the birth of my first baby my passion for postnatal care was further ignited.

My team and I are passionate about providing holistic, modern midwifery services to the women of Adelaide. We believe that quality postnatal support is a necessity, not a luxury. This is such an important time in your life, and you deserve to have someone supporting you every step of the way!

~ Hannah



*"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. ~ Osho*

# The Postnatal Midwifery Package



*Did you know the World Health Organization (WHO) describes the postnatal period as the most critical and yet the most neglected phase in the lives of mothers and babies. This is something we hope to change.*

Our 6 week Postnatal Package will support your transition into motherhood. You will receive professional support and guidance every step of the way.

# The Postnatal Midwifery Package

During your Postnatal Package you will receive continuity from one of our incredible midwives. I have hand picked my team in order to provide you with the best support possible. Georgie, Nerissa and Kelly are experienced midwives and all round lovely humans - we look forward to working with you on your journey!

As Endorsed Midwives we are trained to provide care to both you and your baby - our care has a holistic focus, however we are trained to provide prescriptions for medications and order blood tests if required. We work in collaboration with your GP and/or midwife/obstetrician (if applicable) and ensure that they are kept in the loop!

Feedback from previous clients is that they have loved having one person providing consistent advice and support during this time, and knowing that their private midwife is only at the end of the phone if any questions arise between appointments is very reassuring.





# Client feedback

Knowing that I would have support from a private midwife when I came home from hospital was a huge weight off my mind. Our regular appointments were such a great way to get used to the early days of motherhood because I knew I could ask just about anything! I knew that not only was my baby being cared for in a medical sense, but that I was receiving care too which made such a difference. My husband found this support from you to be very beneficial to both of us. I felt like I could relax a lot more because I knew I could always contact you - the text support was soooooo good on the days I wasn't seeing you!

'I wasn't sure if I should book your package or not as I have family and friends who are midwives and lactation consultants so I wasn't sure if I needed it, but it was by far the best decision I made. Knowing that I had someone to communicate with at any time during the first few weeks of motherhood and having the continuity of care was what I needed. Nerissa's calm demeanor reassured us and made us feel comfortable as we adjusted to becoming parents. It was hard saying goodbye to her yesterday after our last appointment.'

'Having the Postnatal Package was amazing. It was a great piece of mind knowing we had our midwife visiting our house each week, not having to leave the house but also felt supported with whatever was our new hurdle for that week postpartum.'



# The Postnatal Midwifery Package includes

- Your own midwife to support you through the postnatal journey who you are able to get to know and build a relationship with. Research indicates that women who receive midwifery support from a known midwife are more likely to successfully breastfeed their babies.
- 1 x 90 min antenatal education session at 34-36 weeks of pregnancy and to get you off on the right foot where we discuss everything you can do now to prepare for a successful breastfeeding and postnatal recovery. Your questions will be answered and we will create a plan for your postpartum care.
- 5 x 60-90 min in home postnatal appointments (beginning in the first few days after your baby is born and continuing throughout the first 6 weeks) where we will work together to ensure you are confident with feeding your baby, settling, sleep, physical and emotional recovery and also how your partner is feeling as this is a huge transition for them too!
- Unlimited text/voice messaging support for breastfeeding, sleep or settling concerns 8am-6pm from 36 weeks of pregnancy right through to 6 weeks postnatal - this comes in super handy and is great for between appointments! Having consistent advice from one person through this time is so helpful.
- Bulk-billed (no charge to you) phone appointments with your midwife between your home visits as required throughout the first six weeks.

BONUS 1- you will receive access to Hannah's Online Positive Breastfeeding + Postpartum Course to assist in your preparation for breastfeeding and parenthood (valued at \$97)

# Postnatal Package Bonuses



## BONUS 1

You will receive free access to Hannah's Online Positive Breastfeeding + Postpartum Course to assist in your preparation for breastfeeding and parenthood.

Each course module contains training videos from Hannah, plus you also receive access to extra resources - including a Postpartum Cheat Sheet, Relaxation Audio tracks, printable Affirmations and lots more. Valued at \$97

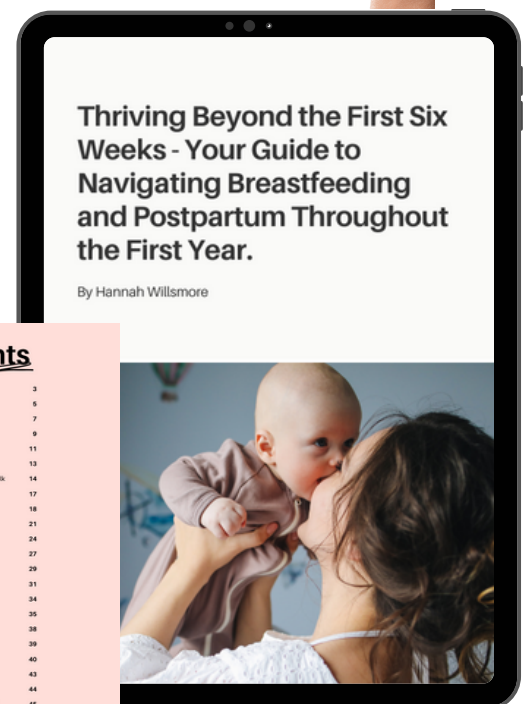


## BONUS 2

Access to Hannah's new ebook *Thriving Beyond the First Six Weeks - Your Guide to Navigating Breastfeeding and Postpartum Throughout the First Year.*

Over 50 pages of education, practical tips and strategies for navigating breastfeeding, sleep and emotional wellbeing as a mum in the first year postpartum.

. Valued at \$37



### Contents

|                                   |    |
|-----------------------------------|----|
| Introduction                      | 3  |
| Breastfeeding Beyond 6 Weeks      | 5  |
| Distracted Babies                 | 7  |
| Teething + Biting                 | 9  |
| Mastitis                          | 11 |
| Nipple Thrush                     | 13 |
| Pumping and Giving Expressed Milk | 14 |
| Safety During Breastmilk          | 17 |
| Starting Solids                   | 18 |
| Returning to Full Work            | 21 |
| Breastfeeding beyond 12 months    | 24 |
| Stopping Breastfeeding            | 27 |
| Supporting Sleep                  | 29 |
| Evidence based Sleep Strategies   | 31 |
| Contact Naps                      | 34 |
| Safe Sleep + Bedsharing           | 35 |
| Coping with Tough Nights          | 38 |
| Embracing Matrescence             | 39 |
| Change in Identity                | 40 |
| The Mental Load of Parenting      | 43 |
| Finding your Village              | 44 |
| Postnatal Depression and Anxiety  | 45 |
| Advice from Seasoned Mums         | 47 |
| Conclusion                        | 48 |
| Resource List                     | 50 |
| Bonus Printables + Relaxation mp3 | 51 |

# Who are we?



*Hannah*



*Georgie*



*Nerissa*



*Kelly*





# Who are we?

Our clinical team at *Adelaide Postnatal Midwifery* comprises Hannah Willsmore (Registered/Endorsed Midwife and Director), Georgie East (Registered/Endorsed Midwife), Nerissa Skoumbros (Registered/Endorsed Midwife) and Kelly Robinson (Registered/Endorsed Midwife).

We all have extensive experience as midwives and have worked across various hospitals in Adelaide.

Hannah has worked in both public and private hospitals (including home visiting midwifery services) and is an award winning Childbirth Educator. She is determined to improve the postnatal experience for women and created *Adelaide Postnatal Midwifery* to achieve this.

Georgie has previously worked in a MGP (Midwifery Group Practice) model of care which has given her vast experience over the pregnancy, birth and postnatal period. Four years ago she welcomed her first child earthside - an experience which helped her to appreciate the wonderful benefits of in-home postnatal care with a known midwife.

Nerissa has worked in various areas including MGP, and has a strong passion for supporting women during the postnatal period. She strives to provide all women with a positive transition into motherhood, and enjoys supporting them to gain confidence in their ability to feed and care for their babies. Nerissa is also working towards becoming an IBCLC.

Kelly has been a midwife for 12 years and was an independent midwife in New Zealand before moving to Australia nine years ago. In Adelaide she has worked in a private hospital and also public birth centre. Kelly has three gorgeous children, a son and daughter in her arms and a daughter in the stars. Kelly loves advocating for women and providing holistic, evidence-based care that addresses your needs and helps you to navigate your postnatal journey.

# The Postnatal Midwifery Package

*Investment:*

\$1600

OR

*Payment Plan - 4 x \$420 payments (at booking, 34 weeks, 38 weeks and 4 weeks postnatal).*

You will receive approximately \$388-\$510 Medicare rebate. Medicare rebates are processed after in person appointments.

Travel fee of \$20 for each appointment applies if outside Adelaide metro area (if you are unsure if a travel fee applies to your location please get in touch).

If friends/family would like to contribute as a baby shower gift this can be arranged.



# Frequently Asked Questions

## What are your qualifications?

All midwives at *Hannah Willsmore Midwifery* are Registered Midwives with Endorsement. We have all completed further postgraduate study and are able to order blood tests and provide prescriptions for medications if required. We also complete 20 hours of Continuing Professional Development each year. As midwives we have all worked across the full scope of midwifery care (including antenatal clinics, labour wards, birth centre, postnatal wards, special care nurseries and in home postnatal midwifery services).

## What is an Endorsed Midwife?

An endorsement of our registration recognises that we have additional qualifications, training and expertise in a specific area of midwifery. As an Endorsed Midwife we are able to order blood tests or ultrasounds and prescribe medications, as well as offering Medicare-funded care. This means that many of our services attract a Medicare rebate.

## Do you provide labour and birth care?

No we do not attend births or provide labour support. All of the women who seek care from us will have a primary caregiver for their pregnancy. This may be a midwife, obstetrician or doctor. We know that doctors and midwives are increasingly time poor, and often just do not have the ability to provide thorough education and support during your scheduled visits, which is where we can come in! We work in collaboration with your maternity caregivers to provide holistic, evidence-based support.

# Frequently Asked Questions cont.

When is the best time to book?

We recommend to book anytime from 12 weeks of pregnancy as we only take on a limited number of clients each month. This is so that we have the time to provide a really comprehensive service and high level of care to our clients.

Will I see all four midwives during my package?

We aim to provide continuity of care which means you will be allocated your own midwife - either Hannah, Georgie, Nerissa or Kelly, who will provide all of your appointments. In the event of illness/holidays your care may be provided by the midwife who is not your allocated midwife, however you can be rest assured that we all have the same approach to midwifery and provide the same high level of care.

Do I really need private midwifery support? Can't I just get this kind of support from my midwife or doctor?

Only you can know if working with us is right for you. However, what we do know is that doctors and midwives have increasing demands and time restrictions placed on them, and they have a number of clinical tasks that they must complete in order to provide you with the safest care possible. We feel (and clients have reported) that education and emotional support are severely lacking in our maternity system. Hospitals are extremely busy places. Supporting a new mum with breastfeeding takes time, and often midwives simply cannot allow enough time for each individual mother. Our appointments are a minimum of one hour in duration (often longer!) As a private midwife, we are able to focus 100% on you and your baby during our sessions.



# Frequently Asked Questions cont.

What if I am not in Adelaide?

If you live rurally or interstate we can absolutely still work together. All of our sessions can be completed over Zoom or phone, and any worksheets or extra resources can either be mailed or sent via email. Your location is no barrier to getting the support that you desire.

Do I need a referral?

Yes a referral from your GP/Obstetrician is required in order to receive medicare rebates. We will help you to organise this once you have booked your package with us.

Where are the appointments held?

All of our appointments are in the comfort of your own home. No having to wait in a busy clinic here! A \$20 travel fee applies for each appointment outside the Adelaide metro area.

If you have any questions that have not been answered here please don't hesitate to get in touch at [hello@hannahwillsmore.com](mailto:hello@hannahwillsmore.com)



*We are so excited to work  
with you!*



If you are ready to take the next step – to learn, relax, be supported, and to feel confident about your pregnancy, birth and postpartum journey then email us at [hello@hannahwillsmore.com](mailto:hello@hannahwillsmore.com).

We look forward to meeting you and bringing you the support that you need and deserve.

*Hannah, Georgie, Nerissa + Kelly*

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Please note prices current as of 1st January 2023 and subject to change without notice.