



*Specialising in personalised birth preparation  
and postpartum support*



### **Personalised Birth Preparation & Postpartum Support**

Hello, I'm Silke, and I'm deeply committed to helping you achieve the pregnancy, birth, and postpartum journey you want. Let's work together and do it your way.

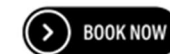
My services include personalised birth preparation consultations aimed at empowering you for your upcoming birth experience. Additionally, I provide postpartum support in the comfort of your home, assisting you as you navigate the transition into motherhood with your newborn.

On a personal note, I'm a proud mum of three little people who constantly inspire me, along with my amazing life partner—their dad—and our beloved fur baby, Staffy.



### **Complimentary 30min Call**

If you're interested in learning more about how I can assist you, I'd love to chat. During our conversation, I can walk you through all my offerings, including pricing.



[www.essentialperinatal.com.au](http://www.essentialperinatal.com.au)



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