

EMAIL TEMPLATES

Booking Prenatal PP Planning Sessions:

Hi _____,

This is _____, your postpartum doula with Bunky. I'm reaching out, as you are nearing the time for us to book our prenatal postpartum planning session! This is a complimentary support visit for our families to get to know more about the 4th trimester and our care.

These are done around the 36/37 th week of pregnancy, and in your home (masked) or over Zoom - based on your comfort levels. These usually take two hours or so. Please feel free to prepare any questions you may have for me, about my care, or your postpartum.

I'm available to come over, or book a Zoom for:

- Tomorrow _____ during the day
- Friday _____ during the day
- Monday _____ in the evening
- Tuesday _____ in the evening

Let me know if either of these times/date work for you - if not, no worries we will find another time to connect.

With Gratitude,