

JARRA TREE BIRTHING

Perinatal Empowerment for Parents & Siblings

Resources for Your Space



If you work within a pregnancy, birth, postpartum or family-centred space and would like to have Jarra Tree pamphlets available in your clinic, shop or community space, I'd be happy to send some out.

The pamphlets are designed to help families discover and access Jarra Tree pregnancy, birth and postpartum resources, including supportive products, practical tools, and downloadable resources.

Topics include:

- Pregnancy nausea & hyperemesis support
- Birth preparation & advocacy
- Children's transition to siblinghood
- Postpartum recovery

Some resources are available as free or low-cost downloads, while others are available as physical support products through Jarra Tree Birthing.

Whether you're a clinic, birth worker, wellness space, pharmacy, counselling service or family-centred business, having pamphlets available can help families know where to find additional support and resources when they're looking for them.

Please Fill In & Email to Jarratree@outlook.com

- Your name
- Business or organisation
- Postal address
- Type of space/service
- Approximate number of pamphlets you'd like
- Any specific resources/products you'd like information on

Example Pamphlets can be viewed below



Meet Jarra

I am Jarra, a devoted mother of two, living in the little town of Braidwood, nestled in southern NSW. I am also a Registered Nurse with a postgrad in child and family health and a passion for guiding women and families through their perinatal journeys.

The inspiration for my children's birthing support products blossomed during my second pregnancy, as I created the items I sought but could not find to help prepare my toddler for the momentous event of welcoming a new life into our family.

I believe in transforming the gift-giving culture from baby accessories to practical support for mothers and families. Working within the 'system' I've witnessed the profound impact of informed decision-making and the positive mental health that self-advocacy can foster. Thus emerged the empowered birthing toolkit, pregnancy nausea gift box, breastfeeding, and postpartum care packages.

Jarra Hilhorst



@ Jarratreebirthing

☎ -0403 932 039

🌐 jarratree.com

📍 Based in Braidwood, Shipping Au Wide

✉ Enquiries & Wholesale - Jarratree@outlook.com

Jarra Tree Birthing

Crafted by a Registered Nurse & Mum in Braidwood, NSW
Perinatal Empowerment

At Jarra Tree Birthing, we create grounded, practical tools to support families through pregnancy nausea, birth, postpartum, and sibling transitions. Every Product is designed to honour your instinct, centre your choices, and nurture real connection.

Thoughtful Gifting

These gifts are designed to genuinely support families through some of life's most powerful transitions. They make thoughtful, practical, and emotionally meaningful gifts for:

- Pregnant women who deserve to feel held, seen, and prepared
- First-time or experienced mums navigating birth and postpartum
- Little ones becoming big siblings, for guided, gentle preparation
- Doulas, midwives, and birth workers creating client packs

Wholesale Available

We offer wholesale options for birth workers, health and gift stores.



Customer Testimonials



★★★★★
Deluxe Empowered Birthing Toolkit
Looking through everything in your birth kit in labour, I just loved it. That handball kept saved me. I checked the comb, acute the room at some point. Your affirmations were on the wall, and the midwives were reading them out. I loved them so much!
- JULIE R.

★★★★★

Birthing Mumma Bear

What you're doing for girls & young women in such a gentle way is so beautiful. I had no proper words for my vala till very recently and didn't know that placentas were a thing till I had my son yet here is my daughter playing with your birthing doll xxx
- JULIA P.

★★★★★

Must have for Doulas

The physiological birth book and mini midwife kit has been amazing to share with the families I work alongside. They are so thoughtfully created and have been a hit with everyone.
- AYAM BIRTH

★★★★★

Local Mother

I highly recommend Jarra's beautiful products and services. She has knowledge, understanding and so much heart for women embracing their own power in the perinatal space.
- BEVIN PROFFENBART

★★★★★

Birth Prep Support

Thank you so much! We went to so empowered and while it wasn't 100% what we wanted, I won't deny it was like going to have a powerful and natural labour
- KYLEA T.

★★★★★

Mother of 3

So so perfect. Im amazed by the level of detail and care put into her work. Would 100% recommend Jarra Tree for all your birthing needs, and will definitely be purchasing again for family and friends
- DELE G.

★★★★★

Empowered Birthing

If you have had a doula yourself and you want to give a hander or a pack that's a bit more that level rather than commercial then this pack is going to be awesome. There's not too many of these out there
- HARTLESS MEADOW

Having a Baby? Know Someone who is?

Welcome to



Jarra Tree Birthing

Tools for Pregnancy, Birth, Postpartum & Big Siblings



LEARN MORE AT

JARRATREE.COM

Shipping AU, NZ & UK Wide

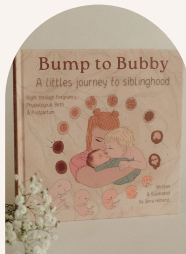


Bump to Bubby Book

This book is a story to help siblings feel seen and safe through the pregnancy, physiological birth and postnatal journey. It teaches about the challenges and wonder of welcoming new life.

Children can often be present to the sounds and movements of the early stages of labour. This book is perfect for home-birthing families and planned hospital births.

It is a conversation starter around what can be normal, safe and expected through the perinatal experience, including colouring-in pages for you and your child to bond over.



Mini Birth Worker Play Kit

This hands-on play kit supports children to explore pregnancy and birth through imaginative play. Whether preparing for a new sibling or joining a parent at prenatal, this kit is perfect for helping kids feel included.

- What's Inside:
- 10 Pregnancy Milestone Cards
 - Play Stethoscope
 - Retractable Tape Measure
 - Wooden Pinnard
 - Handmade Macrame Lanyard • Play ID Badge
 - Baby Doll (light or dark skin tone)
 - All packed in a sweet little woven suitcase



BIRTHING



Practical Support



Pregnancy Nausea Support

Grounded, practical care for pregnancy nausea and hyperemesis gravidarum.

Created by a Registered Nurse and previous HG sufferer, this kit supports women from morning sickness to severe HG. It offers practical tools and emotional steadiness to help you manage daily life and navigate care.

Includes Hydramma electrolyte sachets, affirmation cards, support cards for loved ones and professionals, and a 32-page booklet with symptom trackers, treatment guidance, and advocacy templates.



Postpartum Care Kit

Nourishing, normalising, and practical support for the early postpartum weeks.

This kit is created for the tender season after birth — supporting rest, nourishment, delegation, and emotional grounding. It centres realistic care and reducing the mental load, offering steady support in the early days.

Inside are large postpartum affirmations, meal train handout cards, resource cards around delegation, boundaries and support ideas, Jarrah honey sachets for an energy boost, and a 40+ page support booklet. The guide gently covers feeding, sleep, recovery, mood check-ins, relationship changes, identity shifts, and when to seek additional support.



Empowered Birthing Toolkit

A grounding, practical toolkit to prepare your body, mind, and support team for birth. Created to empower women through knowledge and reflection, it honours your instincts and supports informed decision-making however birth unfolds.

Includes 36 Birth Affirmation Cards, a 44-page Birth Planning Booklet (with step-by-step mapping, values prompts, partner support questions, and intervention planning), a clear Birth Plan Template, Labour Door Sign, and 3 x Forest Fresh TA35 Jarrah Honey sachets packaged in a premium magnetic gift box. Perfect for personal birth prep, a doula bag essential, and both hospital and home birth settings.



Labour Relief Acupressure Set

A simple, practical labour support set designed to help you work with sensation and stay grounded.

Includes a wooden birth comb for palm acupressure and a textured wooden ball for rhythmic squeezing during contractions giving your hands purposeful input and your mind something steady to focus on as your body labours.



PREGNANCY & POSTPARTUM



Supportive Gifts



CHILDREN



Perinatal Education

