



Doula Care Package Overview & Pricing

****please see "Response to COVID19 policies and information" sheet for any changes to care listed below****

BIRTH DOULA CARE PACKAGE ~ \$900

- ❖ Free Initial Consultation
- ❖ 3 Prenatal Visits
- ❖ Call / Text availability for questions / concerns
- ❖ On-Call 24/7 after 38weeks
- ❖ Labor and Birth Support
- ❖ Postpartum Check-in
- ❖ Postpartum Call

POSTPARTUM DOULA CARE PACKAGE ~ \$75 (3 hours)

- ❖ 3 hour visit
- ❖ Additional hours available up to 6 hours total per day. (\$25 per hour)
- ❖ Call / Text / Email availability

FULL NEW PARENT BUNDLE ~ \$1,050

- Full Birth Doula Care Package
- Postpartum Doula Care Package (One 3 hour visit)
- Childbirth Education 101 Review Class (Two days / 4 hours total)
- Newborn Care 101 Class (3 hours)

*Payments are accepted via Venmo, cash or personal check.
Deposit of 25% of your total is due before our 1st prenatal meeting, the remainder due by week 38.
Gift Certificates are available and make wonderful baby shower gifts!
I have a limited amount of sliding scale availabilities, Please reach out to talk more.*

BIRTH DOULA CARE PACKAGE OVERVIEW

Free Initial Consultation

- About 45 minutes
- Basic questions to get a general overview of you and your pregnancy.
- A chance for you to ask your questions about doula care and see if we are a good match.
- Complimentary 10 day hold on my schedule for your due date

3 Prenatal Meetings

- Space your meetings how you like.(I usually recommend at least one in the second trimester and at least 1 in mid/late third trimester)
- Additional prenatal meetings available at additional cost.
- 1st Meeting / Intake Meeting (up to 2 hours)
 - We will spend this time to go over in detail your journey so far in pregnancy and how you are picturing your birth and parenting plan.
 - Plan out our next meetings and what you would like out of our time together.
- 2nd & 3rd Meetings (up to 1.5 hours)
 - Pregnancy wellness check-in
 - Our meetings can consist of a variety of the following:
 - Good company in a relaxed setting :)
 - Birth Plan: creating flexible birthing and newborn care preferences that align with your beliefs and values.
 - Overviews of topics you expressed interest in or just moving through general things you may come across in birthing.
 - Birth coping preparation (either through your chosen method or general coping techniques and movements)
 - Newborn preparation (topics on breastfeeding, or care you want over-viewing on)
 - Referral help if needed

continued...

Call / Text / Email availability

- Feel free to call with questions or concerns
- If an emergency arises and you want extra support, I am here to help.
- If non-emergency please try to keep the calls & texts to reasonable times (8am-9pm)

On-Call 24/7 after 38weeks

- As you near your due date, my schedule is flexible to anticipate you needing support.
- I will be nearby, as will be my backup doula.

Labor and Birth Support

- Equipment loans if needed (birth ball, peanut ball, rebozo, TENS...)
- Early labor support via phone or video check-ins
- Continuous support through active labor until after birth
- Physical, emotional, informational and advocacy support throughout your labor per your birth preferences you chose
- Support for your partner/other supporter/children during labor and birth.
- After-birth support, about 1-2 hours, until you are settled.
- Photos taken (option)

Postpartum Check-in

- Up to 1 hour
- In-person, video or phone
- Wellness support for you and baby
- Conversation, support
- Processing your birth story
- Breastfeeding support if needed
- Referral help if needed
- *If you scheduled a Postpartum Care Package, we will use this 1 hour check-in as a video or phone meet.*

Postpartum Call

- About 30 minutes
 - A wellness check-in for you and baby
 - Any lingering thoughts, help needed or questions.
 - Please reach out after our call if you need help or have any questions.
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POSTPARTUM DOULA CARE PACKAGE OVERVIEW

3 hour visit(s)

- Postpartum visits are 3 hours minimum to 6 hour maximum per day.
- Postpartum care is provided on an average of 1-3 times per week, based on availability, up to the first 3 months.
- Our meetings can consist of a variety of the following:
 - Relaxing meetings
 - General wellness check-in for you and baby
 - Light house cleaning or meal prep for new parent
 - Newborn babysitting, while you rest, shower or nourish yourself
 - Newborn care support/teaching for you and or family members
 - Sibling support with new baby/parent adjustment
 - Birth story processing
 - Curbside shopping pickup nearby

Call / Text / Email availability

- Feel free to call with questions or concerns
- If an emergency arises and you want extra support, I am here to help.
- If non-emergency please try to keep the calls & texts to reasonable times (8am-9pm)

Additional Postpartum Care notes

- *Postpartum Care is offered generally from 8am-8pm, any day of the week, depending on driving distance.*
 - *Limit of 6 hours a day maximum (thats two back-to-back visits)*
 - *Postpartum care is most often scheduled soon after your baby's homecoming up until about 3 months. (This time frame is general, and not set in stone)*
 - *If purchasing a postpartum doula care package before birth, it's often easier to work out the date & time after you've given birth.*
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