

Birth Doula Support Package

- * Free in-person client consultation.
- * 1-2 hour (2) prenatal visits including prenatal coaching and education.
- * (2) Doula Accompany Doctor/ Midwives Visits
- * Available for emotional support via call/text throughout pregnancy any day, anytime.
- * Assistance with creating a Birth Plan
- * 24/7 on-call Labor Support 2 weeks before Estimated Due Date
- * Continuous physical, emotional, and informational support throughout labor and birth.
- * Non-Medical Pain/Comfort Measures
- * 2+ hours immediate postpartum care and basic breastfeeding support.
- * 1 postpartum home visit with a nourishing home-cooked meal.
- * Photos and Videos of your birth captured for you.
- * 6 weeks availability for emotional and informational support postpartum, and access to local resources

BIRTH DOULA FEE: \$1100

\$100 OFF DISCOUNT FOR HOME BIRTHS WITH A MIDWIFE.

Virtual Birth Doula Support Package

- * Free virtual consultation
- * 2 virtual prenatal visits
- * Available via call/text/video for emotional support during pregnancy during daytime hours.
- * Assistance with creating a Birth Plan
- * 24/7 on call availability during labor and birth to call, text, and video chat to provide emotional & informational support, and offer suggestions for physical support/comfort measures.
- * 1 follow up postpartum virtual visit (within 2 weeks of birth) to offer emotional support as you process and adjust to Motherhood.
- * 6 weeks availability postpartum for emotional support and access to local resources.

VIRTUAL BIRTH DOULA FEE: \$500

\$100 OFF DISCOUNT FOR HOME BIRTHS WITH A MIDWIFE.

* Current rate is subject to change and not guaranteed until the service agreement contract has been signed and hire is confirmed. Every client has the choice to customize their package to their needs or wants. Please do not let the price hinder you from contacting me. I will work with you because I feel every woman deserves the benefits of a Birth Doula support! Please contact me for further questions or concerns.