

Nurtured Nest Doula Package

Congratulations on your pregnancy! Bringing a baby into the world is a major life transition. Having the right support can make for a much smoother start to your new family life. As a doula, I use my experience and knowledge to help you and your partner (or other support person) meet your new parenting roles with confidence.

Pregnancy is a time of preparation – what happens here (or not) can have a big impact on your birth and postpartum experience. There are many ways to approach preparation and I individualize how I work with each couple. I love getting to know you and finding out what's important to you, helping you tap into your own inner knowing. Since pregnancy and birth are often a new and unknown pathway, I like to check-in with you on areas you may want to bring attention to or prepare for so there is less chance of being caught completely off-guard or missing something that might be important to you.

Each labor is unique and unfolds in its own way – it requires sensitive attunement to what's happening moment to moment from support persons. I help create a birthing space where you feel safe and supported with the intention that you can birth your baby with minimal interference in a calm, positive and loving environment.

An effective doula balances coaching, guidance and support with giving the birthing mother (and couple) space when needed. I am not the star of your birth experience – you and your baby are. In that context not only do I want you to feel fully supported as you move through this intense transformative experience, but also for it to be a great opportunity for family bonding. My intention is to make this a positive and integrated experience for you as well as enhance the bonding and connections you have with each other as a family.

I work with an open mind, warm heart and calm presence. I look forward to supporting you!

My *Nurtured Nest Doula Package* includes the following:

Pregnancy Support and Birth Preparation

- 2 - 3 meetings in your home or other location of choice
 - We will determine together how many meetings are best for your needs
- Discuss your vision and intentions for the birth of your baby
- Assistance with creating your birth plan & determining your priorities
- Assess together preparations for postpartum, breastfeeding and new parenting
- Address any concerns or fears
- Based on needs and preferences, we can go over:
 - Nutrition for pregnancy + staying healthy/low risk
 - Relaxation + breathing techniques and practice
 - Prenatal and/or Spinning Babies® exercises to prepare for labor & birth

Susan Martin

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- Practice comfort measures such as positions for labor, massage techniques, counter-pressure, havening, and rebozo techniques
- Prenatal bonding + communicating with your baby
- Access to birth and breastfeeding related resources
- Phone and email support

Labor and Birth Support

- On call from 38 weeks until your baby is born
 - On call = my phone remains on for you day and night so I can be responsive to your outreach; I will come to you in labor when you are ready
- Emotional, physical, and informational support during labor/birth
- Encouragement and reassurance for partner so that he/she can be more fully confident in his/her abilities and engaged
- Help to create a calm and safe birth environment for the mother/baby and partner whether in home, hospital, or birth center
- Discussion of any proposed interventions so informed decisions can be made; guidance with communicating your choices with medical care providers
- Use of comfort and labor techniques
 - I bring with me a variety of tools: a rebozo, birth ball, counter-pressure tools, aromatherapy, electrolytes, honey, comb/acupressure and more
- Watch over your “Golden Hour” and initial postpartum transition
- Breastfeeding assistance, if needed
- Labor and birth photography, if desired (I’m not a professional photographer, but I have an artistic nature and can take good photos on an iPhone if circumstances allow; photographs will be share with you via a personal Google Drive file)

Postpartum Care and Support

- 1st postpartum visit, preferably at 3 - 5 days after the birth, to make sure breastfeeding is going well and to check in with you
- 2nd postpartum visit within 2 - 8 weeks after the birth to reflect on your birth experience and check in on breastfeeding
- Make sure everyone is integrating well in new family roles
- Additional resources, if needed
- E-mail and phone support through eight weeks postpartum

Complete Doula Package: \$2800

If you are taking my Bradley Method classes or are planning a birth at home/free-standing birth center, you are welcome to ask about special rates/sliding scale.

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