

Complete Doula Package

Pregnancy Support and Birth Preparation

- 2 - 3 meetings* in your home, or other location of choice (* see *Note* below for more information)
- Discuss goals, strengths, fears and concerns
- Assistance with creating your birth plan & determining your priorities
- Assess preparations for postpartum, breastfeeding and new parenting
- Based on needs and preferences, we can go over:
 - Nutrition for pregnancy and staying healthy/low risk
 - Relaxation techniques and practice
 - Prenatal and/or Spinning Babies® exercises to prepare for labor & birth
 - Practice comfort measures such as positions for labor, massage techniques, counter-pressure, and rebozo techniques
 - Prenatal bonding and communicating with your baby
- Access to birth and breastfeeding related resources
- Unlimited phone and email support

Labor and Birth Support

- On call from 38 weeks until your baby is born
- Emotional, physical, and informational support during labor and birth, and initial breastfeeding support
- Encouragement and reassurance for partner so that he 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
- Labor and birth photography, if desired (I'm not a professional photographer, but am perfectly able to take good photos on a iPhone if circumstances allow and this is desired)

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 - 4 weeks to reflect on the birth and check in on breastfeeding
- Breastfeeding support
- Make sure everyone is integrating well in new family roles
- Additional resources, if needed
- E-mail and phone support for six weeks postpartum

*Complete Doula Package: \$1700 **

Susan Martin

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www.naturalbeginningsla.com

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***Note:** I am able to customize my doula services to meet your needs. If you would like more prenatal visits, postpartum visits, or other services, these can be added to our agreement or we can arrange them separately; they do have an additional or separate service charge. What every mama and baby requires to be prepared and supported is different. I am interested in who you are and what you need.

- Childbirth education
- Breastfeeding education
- Postpartum care
- Breastfeeding and new parent support

For the *Complete Doula Package*, prenatal preparation typically includes 3 prenatal visits. Families who are currently taking or who have taken my Bradley Method Class series and feel comfortable with 2 meetings are eligible for a discounted rate of \$1500.

Other options:

Basic Doula Package (for families in my Bradley Method Class only): \$1375

- 1 prenatal meeting
- Labor and birth support
- 2 postpartum visits
- Text, email and phone support from pregnancy through six weeks postpartum

OR

- 2 prenatal meetings
- Labor and birth support
- 1 postpartum visit
- Text, email and phone support from pregnancy through six weeks postpartum

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