

# Nurtured Nest Doula Package

Congratulations on your pregnancy! Bringing a baby into the world is a huge life transition. Having the right support can make for a much smoother start to new family life. As a doula, I see my role as an experienced guide helping you and your partner (or other support person) meet your new parenting roles with confidence.

Pregnancy is an important time of preparation – what happens here (or not) can have a big impact on the birth and postpartum experience. There are so many ways to approach preparation; I love getting to know you, find out what's important to you and to help you tap into your own inner knowing. Since pregnancy and birth are often a new and unknown pathway, it's my job to check-in with you on areas you may want to bring attention to or prepare for, so you are not completely caught off-guard or miss something that might be important to you.

Every 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 that feels safe and supported so that you can birth your baby with minimal interference in a calm, positive and loving environment.

A good 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. The relationship between mother, baby and father/partner is foremost in my mind. My job is to try to make this a positive and integrative experience for you as well as enhance the bonding and connections you have to each other as a family.

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

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*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 goals for your birth
- Assistance with creating your birth plan & determining your priorities
- Assess together preparations for postpartum, breastfeeding and new parenting
- Address any fears or concerns you have
- 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

Susan Martin

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## Nurtured Nest Doula Package

- Practice comfort measures such as positions for labor, massage techniques, counter-pressure, havening, 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
  - 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 shared 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: \$2500 – 2700***

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

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