



Childbirth Education Support

Self-advocacy and empowerment are vital in creating a positive birth experience! If you are looking for informational support and help in creating a birth plan, but you don't necessarily want a doula's physical and emotional support on your delivery day, this option might be for you! This support facilitates self-confidence in your birth plan and helps to mentally prepare you for labor, birth, and postpartum.

Birth Plan Consultation:

- ❖ One-on-one childbirth education providing you with evidence-based, unbiased information so you and your family are best equipped to make well-informed decisions.
- ❖ We will address your fears, hesitations, or questions you may have regarding your birth.
- ❖ Create a comprehensive birth plan that represents your desires during labor, birth, and immediate postpartum.
- ❖ Explore coping strategies for pain and fatigue.
- ❖ Discuss how you and your partner can work together during the birthing process.
- ❖ We will review everything and anything you wish to discuss pertaining to your birth!

Chelsie.Pasley@gmail.com | 540-878-8988 | BondedBirths.com