



Birth Doula Support

This package not only promises informational, physical, and emotional support throughout your motherhood journey, but it also supports self-advocacy and empowerment so that you can feel confident in your birth plan and have the most positive birth experience possible.

Prenatal Support - Minimum of 2 Visits:

- ❖ 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.
- ❖ Unlimited communication throughout pregnancy and postpartum.
- ❖ 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!

Labor/Birth Support:

- ❖ On-call 24/7 starting at 37 weeks gestation - I will be ready to support you whenever baby decides to make their arrival!
- ❖ Advocacy - I will protect your birth wishes and support your voice in the birthing room.
- ❖ Physical comfort and emotional support throughout your labor and birth, whatever that may look like for you and your family's needs.
- ❖ Provide suggestions for relaxation techniques, pain management strategies, and position changes for labor progression.
- ❖ Breastfeeding and postpartum support for up to two hours immediately after birth.

Postpartum Support - Minimum of 1 Visit:

- ❖ Arrange for a visit within the first few weeks after giving birth to see how you and your family are adjusting. I will provide you with helpful resources such as breastfeeding support and postpartum anxiety and depression information; this will include any local available resources. Any and all questions pertaining to baby care and self care are welcome during this visit!