

Working With Me

Thank you for your interest in my services as you prepare towards welcoming your baby!

My Philosophy

My services begin with you, I respect that each mama, couple and family is unique. I value the privilege to learn about you, your desires and preferences as a couple. As a doula I work with each woman to optimize her body physically and emotionally for labor in order to honor her own body's physiology during childbirth. I believe a woman will labor best wherever she feels the safest and most secure. We'll work together to help you feel confident and supported in your needs and wishes. I'll offer appropriate resources, comfort measures and tools as needed and or requested.

What to expect

Should you decide to work with me...

- I'll do a happy dance :), will send you a welcome email which includes an intake form to fill out in preparation for our first appointment and my doula agreement form to clarify expectations.¹
- Please look out for an email with a link to my calendar to set up our first prenatal visit.

Prenatal Visits

We will schedule up to three prenatal visits, during these visits we will go over everything needed for me to support you properly during labor. I learn more about your birth views, desires, concerns etc as a couple. Our visits help us build trust and nurture a comfort level that enables us to build a great connection and ease that we can draw from as we work together. I work towards helping you go into labor feeling prepared, and confident that you have the tools and comfort measures you need coupled with the love and support of your birth team in order to labor in peaceful surrender.

An overview of your prenatal visits

¹ www.simplynurturing.com | rosevera.amasa@gmail.com | 650-814-9046

First visit : We'll go over the agreement form, review and discuss intake to clarify and understand mom and couples needs and desires for labor and birth.

Second visit: 1. Childbirth prep - going over signs and stages of labor, understanding the physiology of labor) 2. Discuss birth wishes - understanding different procedures in childbirth and clarifying your preferences as a couple. 3. Discuss comfort measures and techniques and learn couple's preferences.

Third visit: we'll practice some comfort measures, and get "labor ready"

Once we agree to work together, you have unlimited availability to me via phone/text/email and I'll be on call as you approach your due date and start labor. I'll provide continuous physical and emotional support from the time I join you in labor until after your baby is born and mom and baby are doing well and in good hands with the nurses.

Included in the birth package

One post birth follow up visit to celebrate you and your new baby and answer any questions you may have in the early postpartum period, offer support, resources/information as needed and/or relevant.

My Doula Packages and Fees:

Basic doula package - \$1500 (\$900 is due at the start of our agreement to secure a hold in my calendar, the remainder \$600 due at the last prenatal visit)

Basic doula Package Plus - \$1900 (\$950 is due at the start of our agreement to secure a hold in my calendar, the remainder \$950 is due at the last prenatal visit)

Included: Help with 4th trimester plan (postpartum plan), *postpartum visits to support mom's post baby recovery, helping couple as they adjust to bringing baby home. Navigating breastfeeding/bottle feeding, sleep, newborn care, *nourishing meals to support postpartum recovery and breastfeeding.

*Details to be discussed during our postpartum planning meeting.