



Working With Me

Thank you for choosing to work with me as you prepare towards welcoming your baby!

My Philosophy

My services begin with you. I respect that each mama, couple and family's experience and journey is unique and value the privilege to learn about you, your desires and preferences. I believe that a woman's experience from her point of view during childbirth matters! I've learned that birth can be a very powerful and transformative time for a woman and her partner as she/they transition into becoming parents. I believe that a woman will labor best wherever she feels the safest and best supported. As a doula I work with each couple to clarify their vision for their birth and 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 hold space by trusting your process, helping you feel confident and supported in your needs and wishes, and offering appropriate resources, comfort measures and tools as needed and or requested along the way.

What to expect

Once we agree to move forward in working together...

- I'll do a happy dance:), and will send you a welcome email which includes an intake form to fill out in preparation for our first visit.

- You will receive a [copy of my doula client agreement](#), please go over, sign and email back to me.
- I'll send an invoice for a deposit of \$1000 which secures a hold in my calendar for your delivery period.
- You'll receive an email or text from me 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

First visit- Getting to know you: We'll review and discuss your intake to clarify and help me learn a little bit more about you, your needs and desires for childbirth.

Second visit- Childbirth Prep/Birth Plan: We'll 1. Go 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. Work on your "Birth Plan".

Third visit- Build your tool box / labor rehearsal : 1. Discuss comfort measures and coping techniques and learn couples' preferences. 2. Practice comfort measures, and get "labor ready"....

I'm here to be a support and a resource for you, and available via phone/text/email so please reach out with any questions, concerns or if you just feel like you need to talk to your Doula :).

Included in the birth package

Access to a comprehensive online breastfeeding class. One postpartum follow up visit to celebrate you and your new baby and answer any questions you may have in the early postpartum period, offer support for recovery, newborn care and feeding etc. Provide resources/information as needed and/or relevant.

My Doula Packages and Fees:

The Essentials Doula Package - \$2050 (A deposit of \$1000 is required to secure a hold on my calendar once we sign an agreement to work together, the remainder \$1050 is due at our last prenatal visit, which will be around 37 weeks

The Essentials Plus Package - \$2500

Included: everything in the Essentials Doula Package, plus one postpartum planning visit before baby and 12 postpartum visits. Postpartum Services include help with supporting mom's post delivery recovery, support with different needs that come up for your family as you find your rhythm with adjusting to bringing your baby home. breastfeeding/bottle feeding support, optimizing sleep for everyone, newborn care, *nourishing meals to support postpartum recovery, breastfeeding and family, light housekeeping, laundry.

*Details to be discussed during our postpartum planning meeting.

Extra days may be added as my schedule allows at the rate of **\$45/hr** for day time support and **\$50/hr** for nighttime support.

You're welcome to Learn more about my postpartum services [here](#).

Please reach out if you have any questions.

Thank you!