Birth Doula Package

Christ-centered doula care providing compassionate emotional, mental, and spiritual support throughout pregnancy, birth, and postpartum.

Prenatal Sessions

- two in-home prenatal appointments
- access to exclusive client workbook
- discuss ideal birth plan
- process questions and fears around birth
- review labor tools and comfort measures
- educate partner on support techniques
- continually available for texts/calls
- resource/referral guidance for prenatal support

Labor & Delivery

- continuous attendance during labor and delivery
- offers emotional, mental, and spiritual support
- aids in labor positions and counter pressure
- provides advocacy and encouragement to family
- continually aware of mother's needs
- provides comfort and pain relief options
- offer to take photographs or videos

Postpartum Check-in

- continuous care 1-2 hours after baby is born
- snack board brought bedside after delivery
- home visit a week later at family's convenience
- time to process and reflect on birth experience
- provided home cooked, nutritious meal and snack
- available for questions regarding breast-feeding, infant care, etc.
- postpartum gift

Not Included

- extensive childbirth & newborn education
- professional medical advice
- personal bias or opinions

Investment

$950

- payment plans available
- financial support offered
- returning families discounted