

Here is a comprehensive list of the ways I can support you as your Birth/Postpartum Doula.

HOW I CAN HELP	WHAT IT MEANS	COST
Informational Support	During pregnancy and the birth process, I'll provide you with all the answers to your questions and ensure that you have all the info needed so you can make informed decisions for you and your family.	- <i>Included with birth support</i>
Financial Support	Hiring a doula can seem expensive, but I can help a little by providing you with some options.	- <i>FREE</i> - <i>Just let me know if you need help!</i>
Prenatal Classes	I currently offer 2 classes. The first is "The Delivery Process" where you'll learn exactly what is going on during birth from start to finish - this class enables you to be able to follow along with what is happening and some of the terminology medical professionals use. The second class is called "Courageous Birth," here you'll learn how you can have an incredible birth despite the fears or concerns you might have and how to cope with the pain naturally and medically.	- <i>\$40/class</i>
Birth Planning Session	It's good to prepare for your birth by creating a plan to bring to the hospital or for your home birth. This way, your medical team can plainly see your preferences and you can remember what you want - it's so easy to forget in the thick of birth.	- <i>First session - \$35</i> - <i>Follow-up session - \$20</i>
Prenatal/Birth Plan Deal	Bundle and save! Get the 2 prenatal classes as well as one birth planning session for a discount!	- <i>Bundle Cost - \$90</i>
Support Coordination	I'll help you to arrange family and friend support (pre-planned meals, home support, and more) which reduces postpartum doula costs ~ three hours of work included	- <i>\$100</i>
Natural Induction Plan (click here to view)	If you don't want an overdue baby or a medical induction then this is perfect for you! I've done so much research to find methods of naturally inducing labour THAT ACTUALLY WORK! This begins at around 30 weeks gestation. You can use it on your own, or you can hire me to help you through it and remind you when to start each step. P.S. Studies show that simply hiring a Birth Doula	- <i>\$35 to work through it on your own</i> - <i>An additional \$60 to have me work through it with you.</i>

	increases spontaneous labour by 15%.	
On-Call Birth Support (For Vaginal or Cesarean Delivery)	<p>As soon as I'm officially hired, I'll schedule your due date in my calendar. The on-call period will begin 2 weeks prior to your due date and will continue until you have your baby (usually 2 weeks overdue). During these 4 weeks, we will be chatting lots about what's going on and I'll be waiting for the call to tell me labour has started. Once I know that labour has begun, I'll get to you as soon as I can (within 2 hours) and labour support will begin upon my arrival.</p> <p>Whether you have a vaginal birth or a vaginal birth that turned into a C-Section, or a planned cesarean - <i>insert song from FRIENDS: ♪♪</i>"I'll be there for you!" ♪♪</p>	<ul style="list-style-type: none"> - <i>\$1,000 if only booking birth support.</i> - <i>I also have 4 types of birth bundles available, birth bundles have discounted prices.</i> - <u>Click to view Birth Bundles</u>
Back Labour	I haven't experienced back labour but I hear it's the worst! Back labour occurs because baby's back is right up against your back. Optimal labour/birth position is when babies back is to the outside of your belly and they are slightly to the left. Providing room for baby to adjust will allow for them to get into that optimal position and get rid of the awful back labour.	<ul style="list-style-type: none"> - <i>Included with birth support.</i> - <i>See below for body and baby balancing</i>
Body and baby balancing	Even if baby really doesn't want to move into optimal birthing position, we can still cause labour to be more comfortable by using positions and movements that create balance within the pelvis and balance for baby's head against the cervix. A balanced pelvis + a balanced baby = quicker labour and delivery.	<ul style="list-style-type: none"> - <i>Included with birth support.</i> - <i>See below for breech babies</i>
Breach Baby (For babies that are positioned feet/bum down instead of head down after 30+ weeks gestation)	Simply let me know that baby is breech and I'll fill you in on how to do the "Miles Circuit." This is a tried and true (noninvasive) way to flip baby without the need for a doctor to painfully and forcefully turn baby around. The Miles Circuit uses positions that allow baby to have extra room for moving around. They know that they should be head down, they just need more space to get there.	<ul style="list-style-type: none"> - <i>Included with prenatal/birth services</i>
Natural Pain Relief	Contractions are strong! You've got muscles that wrap around your core that are very strong! Every contraction can be overwhelming and if you are not interested in having an epidural, I've got some things	<ul style="list-style-type: none"> - <i>Included with birth support</i>

	<p>that can help. I'll use counterpressure, massage, gate control, breathing techniques, and the Jovi patch to aid in comforting you throughout labour.</p> <p>Studies show that having a Birth Doula present reduces need for pain medication by 10%</p>	
Slowed or Stalled Labour	If your having contractions but not progressing, if your progressing but it's extremely slow, or if you're labour has come to a complete stop. I can help get things rolling!	- <i>Included with Birth Support</i>
Transitional Phases	Transition occurs when dilation expands from 7cm to 10cm. Many women say this is the hardest part of labour because it is often so intense. This phase typically lasts about an hour and is usually the time when mothers start saying, "I can't do this." Having a Doula present helps mamas to stay strong and confident because they have the support that they need during this time. Doula's help to provide comfort and movements that help to shorten the transitional phase of labour and enter delivery.	- <i>Included with birth support</i>
Shortened Labour	Studies show that having a Doula present for your birth reduces the length of labour by a minimum of 41 minutes!	- <i>Included with birth support</i>
Greater Involvement from partner	Studies also show that having a Doula present for your birth causes your husband/partner to be much more involved.	- <i>Included with birth support</i>
Reduced Vaginal Tearing	One of the greatest fears a mother has leading up to birth is that she is going to tear, it sounds painful and it is painful! But don't worry, there are some great ways that are proven to reduce tearing (hiring a Doula is one of them).	<ul style="list-style-type: none"> - <i>Included with birth support</i> - <i>One of the ways you can reduce vaginal tearing is by doing Perineal Massage. Download instructions for free here.</i>
Reduced Chance of Cesarean	Studies show that hiring a Birth Doula decreases risk of C-Section by 39%	
Birth Advocating	During your birth, I am 100% there to support your family and have no other intentions other than to be the care that you need in the vulnerable moments of birth. However, I am not there to make decisions for you nor to speak on your behalf. If a medical	- <i>Included with Birth Support</i>

	<p>professional presents you with a choice to be made, you can ask them to leave the room while you and I discuss all your options so that you have all the information needed to make an informed decision. You will then give your answer to the nurse or doctor.</p> <p>Should they become very pushy and try to make you do something you really don't want to do, I will speak up for you after you've repeatedly answered them. No one should be forced to do something they don't want to do.</p>	
Decreased Premature Birth	Studies show that hiring a Birth Doula decreases premature delivery by 50%	
Better Birth Weight	Studies also show that hiring a Birth Doula causes babies to be 36% less likely to have low birth weights.	
Hospital Bag Checklist	No one wants more things to stress about, so don't stress about what to bring to the hospital. I've created a FREE hospital bag checklist that provides you with a list of what I'd bring to my own birth and a blank sheet in case you want to personalize it. (BONUS - it includes lists for baby and dad too)	<ul style="list-style-type: none"> - <i>FREE</i> - <u>Click here to download</u>
Immediate Breastfeeding And Postpartum Support	This is for clients who do not desire a Birth Doula but want breastfeeding help and postpartum care within the first 6 hours after delivery for (up to 8 hours)	<ul style="list-style-type: none"> - <i>\$30/hour</i>
3 Golden Hours	I did some more research (suprise! lol) and discovered a midwife that has dedicated her entire practice of 30+ years to studying why many women stop nursing early on and what disrupts baby's ability to nurse effectively. Her findings were incredible and showed how vital the first 3 hours after birth are. I am thrilled to help my clients and their babies to nurse the best way possible.	<ul style="list-style-type: none"> - <i>Included with Birth Support</i> - <i>Learn more about preparing for the 3 Golden hours during prenatal classes.</i>
Reduced Low 5-minute APGAR Scores	<p>Having a Doula present for your birth decreases the chance of low 5-minute APGAR scores by 38%. <i>The APGAR Score is a measure of the physical condition of a newborn infant. It is obtained by adding points (2, 1, or 0) for heart rate, respiratory effort, muscle tone, response to stimulation, and skin coloration; a score of ten represents the best possible condition.</i></p> <p>The 3 Golden Hours can only be achieved if baby</p>	

	has a score higher than 7.	
Breastfeeding Aid (Includes bottle feeding)	Breastfeeding can be tricky, and nurses aren't always the most helpful at teaching it. So when you're sent home from the hospital and still can't figure it out. Reach out to me and I'll come teach you the best ways to nurse.	- <i>Additional at home support - \$20/hour</i>
Sustained Breastfeeding	Studies show that mama and baby will be 33% more likely to initiate and sustain breastfeeding.	
After Birth Pain Relief	<p>IYKYK - there is nothing worse than "being done" labour and delivering your beautiful baby only to discover that you're gonna have more contractions while nursing during the first few weeks postpartum. And with every baby you have, the after-pains get worse!</p> <p>I'll provide relaxation techniques that greatly reduce after-pains (included in birth support within the first few hours postpartum but also available as an add-on).</p> <p>I also sell something called a Jovi Patch that is a nonmedical method of pain relief that acts like a sponge to absorb the pain signal that would be sent to your brain. Learn more here.</p>	<ul style="list-style-type: none"> - <i>Jovi patch = \$207</i> - <i>See breastfeeding aid below)</i>
Home Check-Ins	This is a great way to have conversational support during your pregnancy and postpartum if you need someone to talk to (about anything) or if you feel you just want to be checked on.	<ul style="list-style-type: none"> - <i>\$20</i> - <i>Typically lasts 30-60 minutes</i> - <i>One postpartum home visit is included with Birth Support</i>
Newborn Home Care and Safety Session	You could learn how to care for your baby before you deliver, but it's much easier to remember it all when you have your baby with you. During this session, I'll come to you and provide information and instruction on how to care for your baby and ensure they are safe (baths, sleep safety, how to swaddle, sanitizing bottles, helping gassy babies, diaper changes, etc.)	- <i>\$60 for a 2-hour session</i>
Cesarean Massage	After a Cesarean, mamas are left with a big scar that doesn't stop hurting as soon as the wound "heals. This is why I offer cesarean massage, I know this sounds terribly uncomfortable, but there are gentle ways to reduce the sensitivity of the skin and scar tissue. By using Cesarean Massage, we will gradually	<ul style="list-style-type: none"> - <i>\$35 for a 1 hour teaching session</i> - <i>\$15 half hour follow up sessions</i>

	<p>work towards healing the area completely so that you can put on your panties and pants without wincing every time.</p>	
<p>Daytime Postpartum Care</p>	<p>Having a baby requires a time of recovery and a whole lot of energy that you may feel you don't have.</p> <p>I'm here to help! I'll come to support you in your home by caring for you while you recover from birth. I'll provide tips for a quick recovery, I'll do some light cleaning and keep the laundry going, I'll even meal prep for you! You can even go have a bath or shower and take a nap while I care for your baby.</p> <p>Leave it all to me! You deserve the time to rest and recover and to simply enjoy those baby snuggles that don't last long.</p> <p>You can also message me or call me whenever you have a question about anything or just need some added support.</p> <p>And we mustn't forget about those sneaky postpartum disorders. If you feel highly emotional, depressed, are having dark/chaotic thoughts, feeling aggression, or anything that is not like you - please reach out! This is a judge-free zone! I have some really great ways to help you throw those postpartum disorders in the trash - cuz they really stink!</p>	<ul style="list-style-type: none"> - \$30/hour - Minimum of 3 hours - Maximum of 8 hours - I don't provide on-call postpartum care with the exception of experiencing postpartum disorders and needing immediate help.
<p>Reduced Risk of Postpartum Disorders</p>	<p>Studies show that women who hire a Doula for birth and postpartum have reduced postpartum disorders.</p> <p>The study also shows that women were 31% more satisfied with their birth experience when a Doula was present.</p>	
<p>Nighttime Postpartum Care</p>	<p>If you are exhausted from all the slow night feeds and lack of sleep and self-care, book me for a night shift! I'll come between 8 pm and 12 am to care for your baby while you get a good portion of sleep in.</p> <p>I can wake you for feeds if desired or I can feed baby through the night. Either way, I'll be there to do the diaper changes and rock baby when the gas pains hit. And if I'm able, I'll do some quiet tasks around the house.</p>	<ul style="list-style-type: none"> - \$35/hour - Minimum of 4 hours - Maximum of 8 hours

Healthcare Network	By becoming my client, you'll gain free access to the Network of Healthcare Providers that I have vetted and found to be extremely helpful. I've found people who can support you with excellence so you don't have to spend time searching for the very best.	- <i>Free when you become my client</i>
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