
MYSTIC MOTHERING

BIRTH SERVICES

PERSONALIZED BIRTH SUPPORT \$3,200

Prenatal Sessions 2-3 Sessions

In addition to getting to know you and your partner (should you have one), visits can consist of (but are not limited to) any of the following:

- Creating a birth and postpartum plan
- Discussing and working through any fears or anxieties (you or your partner's)
- Practicing comfort techniques & discussing pain relief options
- Running through the stages and phases of labor

Education on fetal positioning in pregnancy and optimizing pelvic alignment and mobility

Includes:

- **24/7 virtual support throughout pregnancy**
- **Tailored check-ins**
- **Digital Resources: Prenatal Education Manual, Infant Feeding Guide, Newborn Care Guide, & more**
- **On-call for your birth from 38-42 weeks**

Labor/Birth Support

Ways I can support you in labor include, but are not limited to:

- Massage/counter pressure
- Relaxation and breathing techniques
- Birthing ball positions
- Suggesting and assisting with position changes
- Creating a calming environment (lights, curtains, aromatherapy, etc)
- Water therapy (bath, shower)
- Hydrating and feeding the birther
- Advocacy for your birth preferences
- I can take photos for you throughout if you wish

Postpartum

1-2 hours of immediate postpartum assistance after the birth to make sure you are comfortable, assist with initial feeding, and be with you until your family is ready for quiet time together.

Optional Postpartum/Follow-up visit - During this visit, I can (but am not limited to):

- Help you debrief after the birth
- Discuss questions or concerns
- Check on infant feeding
- Discuss mood and mental health concerns
- Provide you with referrals or resources for any postpartum needs

Includes Virtual Postpartum Support for the first year

50% deposit due at booking. Remaining balance due at 36 weeks.

