

# MYSTIC MOTHERING

BIRTH SERVICES

## Birth Support

### Prenatal Sessions (2-3)

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
- Running through the stages and phases of labor

#### Includes:

- **24/7 virtual support throughout pregnancy**
- **Digital Resources: Prenatal Education Manual, Infant Feeding Guide, Newborn Care Guide, & more**

### 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

I will provide 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.

Postpartum/Follow-up visit - This visit will be made within 1-2 weeks after the birth. 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**

### Investment

**Birth Support \$3,000**

**\$1,500 Deposit due at signing**

**Remaining Balance due at 36 weeks gestation.**

