



# Birth Doula Services

INCLUDED WITH MY SERVICES:

\*2 IN PERSON PRENATAL APPOINTMENTS TO DISCUSS AND ESTABLISH A BIRTH PLAN AND "PRACTICE" BIRTH SCENARIOS AND BREATHING TECHNIQUES.

\*UNLIMITED PHONE/TEXT/EMAIL SUPPORT THROUGHOUT ENTIRE PREGNANCY

\*ON CALL 24/7 TWO WEEKS PRIOR TO DUE DATE AND 2 WEEKS AFTER DUE DATE

\*UNLIMITED SUPPORT THROUGH ENTIRE LABOR AND DELIVERY PROCESS WITH PAIN RELIEVING TECHNIQUES LIKE MASSAGE/RELAXATION/LABOR POSITIONING AND BREATH WORK

\*ONE HOUR POSTPARTUM CARE AFTER DELIVERY

TOTAL-\$1500