



## Services & Pricing



### NOTE FROM KRISTEN BINDEL

FOUNDER & OWNER OF BAMBOO BIRTH LLC

*Congratulations on your family's newest addition!*

My goal is to always serve and nurture you and your family with  
compassion, non-judgment, and care.

*Kristen Bindel*



Bamboo Birth LLC is owned by Kristen Bindel, Birth Doula, Postpartum Doula, and Lactation Counselor

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# Why Bamboo Birth?

Choosing Bamboo Birth for your birth and postpartum needs is a decision rooted in a commitment to holistic and personalized care. Kristen Bindel, Founder of Bamboo Birth, has devoted her life to supporting families through the transformative journey of childbirth and beyond. Bamboo Birth embraces a holistic approach to childbirth and postpartum care. Kristen recognizes that each family is unique, and her services are tailored to meet the individual needs and preferences of the clients. This includes emotional, physical, and informational support, ensuring a well-rounded and empowering experience. Kristen will work closely with each family to create personalized care plans that align with their values and preferences. This individualized approach ensures that you receive the specific support you need, fostering a sense of trust and connection throughout the entire process.



# Birth Services

## #1 Bamboo Basic

### Birth Doula Package

Pregnancy and birth can feel exciting and intimidating. I'm here to educate, empower, support, and cheer you on! I strive to support you to labor in awareness, where you feel confident, informed, and surrounded with care, love, and respect. I provide doula services for all births, vaginal, medicated, unmedicated, cesarean, and home births in the Cleveland area.

- Minimum of 2 in-person prenatal sessions
- On-demand phone/zoom/email support
- My Comfort Measures and Pain Management E-book
- Continuous physical, emotional, and evidence based information support from the beginning of labor through the immediate postpartum time
- Access to Bamboo Chats: a bi-weekly zoom session with Kristen and other parents who are expecting. Make a new friend, build a community!
- Access to Bamboo Community: a gathering event that occurs quarterly. Sometimes its a coffee chat, sometimes it's a breathwork workshop. They will be announced via email.
- One Postpartum follow-up visit
- Call/text/email support in the postpartum time.

**\$1300**

\*50% due at signing, 50% due by 36 weeks

## #2 Bamboo Plus

### Birth Doula and Feeding Guidance

Get everything from the Bamboo Basic package with the added benefit of lactation/feeding education, tools, and in-person guidance and support.

- All the benefits of the Bamboo Basic package
- My Newborn Care and Infant Feeding e-book
- Bottle Feeding a Breastfeeding baby e-book
- Bottle and Pacifier Guide - What bottles are best?
- 3 in-person visits centered around feeding and the postpartum period
  - Visit 1: Between 36 and 38 weeks.
    - Lactation Education
    - How to set yourself up for success
    - What to have on hand and in your labor bag
    - Common issues, and road maps to support them
    - Instruction on Colostrum collecting, hand expressing, etc.
  - Visit 2: Immediate postpartum
    - Guidance and support during the time your milk is coming in
    - Weight check to monitor baby's growth
    - Feeding Assessment
    - Troubleshoot any issues
    - Connect with resources or other practitioners
  - Visit 3: Before 5 weeks
    - Introducing a bottle
    - Sizing for the right flange for your pump
    - Pump settings
    - How to start pumping, how often?
    - Milk storage
    - Goal setting, returning to work?

**\$1750**

\*50% due at signing, 50% due by 36 weeks

# Postpartum & Feeding

## Feeding Guidance (without the birth doula package)

Take an anticipatory approach to feeding.

- My Newborn Care and Infant Feeding e-book
- Bottle Feeding a Breastfeeding baby e-book
- Bottle and Pacifier Guide - What bottles are best?
- Optional in-hospital postpartum visit
- Texting/Call support
- 3 in-person visits centered around feeding and the postpartum period
  - Visit 1: Between 36 and 38 weeks.
    - Lactation Education
    - How to set yourself up for success
    - What to have on hand and in your labor bag
    - Common issues, and road maps to support them
    - Instruction on Colostrum collecting, hand expressing, etc.
  - Visit 2: Immediate postpartum
    - Guidance and support during the time your milk is coming in
    - Weight check to monitor baby's growth
    - Feeding Assessment
    - Troubleshoot any issues
    - Connect with resources or other practitioners
  - Visit 3: Before 5 weeks
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    - Sizing for the right flange for your pump
    - Pump settings
    - How to start pumping, how often?
    - Milk storage
    - Goal setting, returning to work?

**\$600 (6-8 hours of in-person education & support)**

# Postpartum Services

## ASAP!

You just got home with your beautiful baby. You're tired, sore, and wondering if you're doing a good job (pssst, you are doing a good job). Do you just need someone to come sit with you while you're navigating feedings? Provide a weight check? Listen to your thoughts and concerns? Debrief from your birth? Let you rest and shower while your baby is in expert and loving hands? I'll even load the dishwasher, wash the baby's clothes, and prep you a meal. You deserve to be nurtured!

**1-4-6 hour shift, \$40/hour for weekday (M-F),  
\$45/hour for weekend (Sat/Sun)**

## Fourth Trimester Postpartum Day Support

Kristen and you will set the amount of 4 hour days of in-person support. Can start as early as the day after you come home from the hospital. Kristen will be you and your families guiding support as you navigate the the postpartum period. Kristen will provide infant feeding support, weight checks for baby, newborn care guidance, access and referrals to community providers, support your needs as you recover, and prioritize your rest and nourishment. She may meal prep for you, take care of light household tasks, and be a supportive ear. If having a restful, supportive postpartum experience while also receiving in-home newborn care and feeding guidance is your goal, this option is for you!

**\$38/hour (M-F).**

50% due at signing, 50% due by first shift