



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

Email: Kristen@Bamboo-Birth.com

Phone: (440) 941- 8673

Instagram: [@Bamboo_Birth](https://www.instagram.com/Bamboo_Birth)



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, maximum of 4 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
- Virtual workshops
- NEW! One on one virtual or in-person meeting for your partner.
- 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.

\$1400

*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?
- 3-4 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?

~~\$2000~~
\$1850
*50% due at signing, 50% due by 36 weeks

Birth Planning

Expert guidance and empowerment about the choices you may have to make during your labor, birth, and newborn care.

You'll walk away with an organized and thorough birth and communication plan, while becoming empowered about the choices you may have to make when birthing in a hospital. You'll gain tools to communicate with staff and make decisions you feel good about.

What's Included:

- Digital Resource Links
- Birth Planning Template Link
- Birth Planning Session
 - At your home, virtual, or chosen location
 - I will provide and guide you through evidence based resources
 - Discuss the choices you may have to make and when you may have to make
 - Work through decision making skills
 - Work through how to talk to providers
 - General guidance on navigating the system you are birthing in
 - Birth plan creation
 - Texting/Emailing support up until labor.

\$300

*Option to add on-demand texting during your labor
for **\$250**

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

ASAP! Lactation/Feeding Support

Up to two hours of Lactation/Feeding support in your home.
Texting/email/phone follow-ups.

This may include, but not limited to:

- Review Pregnancy & Birth Story
- Help form your nesting space at home
- Observing breastfeeding
- Latch and Positioning
- Milk Transfer
- Milk Supply Guidance
- Sore Nipples
- Over Supply or Under Supply management
- Plugged Ducts
- Safe Sleep Environment
- Infant Nutrition
- Parent Nutrition
- Hand Expression
- Pumping, flange sizing, pump settings
- Skin to Skin
- Breast Massage
- Baby Wearing
- Returning to Work
- Breastfeeding and Supplementation
- Weight checks
- Weighted feeds
- Counseling and empowerment

\$225 - Includes visit, texting/email/calling support, referral/resource list. If a follow-up visit in home is wanted, it is a \$100 service charge.

One-On-One Birth Education

Full Private Childbirth Education Class

2-3 in-person childbirth preparation. Unlike many hospital-based courses, this comprehensive program goes beyond routine protocols.

You'll learn:

- Mind prep
- Body prep
- Stages of labor
- Positions
- Coping skills
- Comfort measures
- Partner empowerment
- Hospital policies
- Birth planning
- Inductions
- Cesareans
- Common Interventions
- Lactation and Feeding

In addition I help you create your birth plans, I am available to text or call for questions, leading up to your birth. The goal is for you and your partner to feel empowered and confident. Think of this as getting birth classes and prenatal doula support all in one!

*Materials provided by me.

Investment: \$450

****REFRESHER COURSE AVAILABLE BY REQUEST**