



THE CHICKADEE NEST

SERVICES

BIRTH DOULA

TIER 1	\$950
TIER 2	\$1,100
TIER 3	\$1,300

POST PARTUM SUPPORT

4 HOURS	\$140
12 HOURS	\$420
40 HOURS	\$1,400
HOURLY- 4 HR MINIMUM	\$35
NIGHT NANNY- 8 HOUR SHIFTS	\$320

PLACENTA ENCAPSULATION	\$325
BENGKUNG BELLY BINDING	\$200
LACTATION COUNSELING	\$75

TIER 1 BIRTH DOULA

- INCLUDES ONE TO TWO PRENATAL VISITS (45-75 MINS)
- CREATION OF A BIRTH PLAN
- TEXT MESSAGING SUPPORT DURING PREGNANCY
- LENDING LIBRARY & REFERRALS
- PHYSICAL AND EMOTIONAL SUPPORT DURING LABOR
UP TO 1 HOUR POST PARTUM
- BREASTFEEDING SUPPORT
- DOULA ON CALL BEGINNING AT 38 WEEKS
- ONE CELEBRATORY POST PARTUM VISIT 3-7 DAYS AFTER
BIRTH

TIER 2

- INCLUDES ALL OF TIER 1 AND FIVE HOURS OF POST
PARTUM DOULA CARE

TIER 3

- INCLUDES ALL OF TIER 1 AND TEN HOURS OF POST
PARTUM DOULA CARE

POST PARTUM DOULA SUPPORT INVOLVES ASSESSING THE NEEDS OF EACH FAMILY. THIS COULD INCLUDE LIGHT HOUSEKEEPING; MEAL PREP; GROCERY SHOPPING; EMOTIONAL SUPPORT AND ENCOURAGEMENT; HANDS ON EDUCATION AND NEWBORN CARE; BREASTFEEDING HELP; ADVANCED BREASTFEEDING SUPPORT INCLUDING REFERRAL TO IBCLC IF NECESSARY; ESTABLISHING ROUTINES; USE OF BREASTPUMP; CORD AND CIRCUMCISION CARE; ORGANIZING THE NURSERY; CARE OF OLDER SIBLINGS.

PLACENTA ENCAPSULATION SERVICES PACKAGE INCLUDES PICK UP OF THE PLACENTA AFTER BIRTH; STEAMING, DEHYDRATING AND ENCAPSULATION OF PLACENTA; ONE WELL WOMAN TINCTURE; PLACENTA SALVE & AN UMBILICAL CORD KEEPSAKE.

BENGKUNG BELLY BINDING- APPROXIMATELY 45-60 MINUTES INCLUDES BINDING LINEN FOR YOU TO KEEP PLUS HERBAL BELLY SALVE.

LACTATION SUPPORT INCLUDES A ONE HOUR IN-HOME LACTATION VISIT AND REFERRAL TO IBCLC IF NECESSARY.