Labor Support 6 visits $500

Ideal program for first childbirth experience or all natural/non-medicated birth plans. If you feel you need more or less than what is included, we can make it work!

\*Unlimited Email, Text, and Phone Support

\*2 Two-Hour Prenatal Visits  
\*24/7 on-call availability from 37 weeks on

\*Emotional and Physical Support During Labor

I can be called in from when you first begin your contractions and will stay as long after the birth as you feel you need me. I will use music, light massage, labor tools and meditation to assist you. Breastfeeding support is included. Available for Home births, Birth Centers or Hospitals.  
\*2 Two-Hour Postpartum visits

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| Meeting #1:  -Intake questions to establish relationship by understanding your past experiences, emotions, goals and expectations and how those can affect your birth. -Fill out your birth plan and go over topics you may need evidence-based info on. | Meeting #2 -Stages of labor and the pace of labor -Inductions, interventions and Pain methods 101 -Practice Positions, Comfort Measures, Self-Care |

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| Postpartum Visit #1: Helping you get established at home. -Sit down for tea and meal with mom and ask how you are feeling. We will go over any health concerns and address them or set up necessary appointments.  -We plan out the next 6 weeks to make them stress free -Go over family and friends log for help, meal trains, schedule, establish support for siblings  -Foot soak or quick relaxing technique  -Self-care with and for baby  -Feeding support | Postpartum Visit #2 Helping you Relax and feel confident  -Sit down for Tea and Meal. Review plans from first visit that may need assisting. Review helpful tips  -We review birth story. We express strong emotions you may not have had the time to express or understand. We also talk about life postpartum and how its matched up to our expectation. -Relaxation techniques and setting up space and time daily -Go take a nap or shower while I am here for help with children. -Any assistance possible with feeding, light chores |

Do not let finances predict your labor experience! Talk to me and we will make it work!!!

Discounts are available to anyone who can show proof of low income, hardship situation, or for attending my group classes posted on Facebook. Attending a class can replace a meeting from our schedule visits and would discount the cost of the program by $100. Barter system can work as well. Ask for details!

Payment Plans are available as full payment is not due until after the birth!

Birth & Postpartum Support 9 visits $1000

Ideal program for first childbirth experience or all natural/non-medicated birth plans. If you feel you need more or less than what is included, we can make it work!

\*Free Consultation meet and greet  
\*Unlimited Email, Text, and Phone Support

\*3 Two-Hour Prenatal Visits  
\*24/7 on-call availability from 37 weeks on

\*Emotional and Physical Support During Labor

I can be called in from when you first begin your contractions and will stay as long after the birth as you feel you need me. I will use music, light massage, labor tools and meditation to assist you. Breastfeeding support is included. Available for Home births, Birth Centers or Hospitals.  
\*4 Four-Hour Postpartum visits

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| --- | --- |
| Meeting #1:  -Intake questions to establish relationship by understanding your past experiences, emotions, goals and expectations and how those can affect your birth. -Fill out your birth plan and go over topics you may need evidence-based info on. | Meeting #2 -Stages of labor and the pace of labor -Inductions, interventions and Pain methods 101 -Practice Positions, Comfort Measures, Self-Care -Prepare for meeting #3. Use to practice more comfort measures and transition back home |

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| --- | --- |
| Postpartum Visit #1: Helping you get established at home. -Sit down for tea and meal with mom and ask how you are feeling. We will go over any health concerns and address them or set up necessary appointments.  -We plan out the next 6 weeks to make them stress free -Go over family and friends log for help, meal trains, schedule, establish support for siblings  -Foot soak or quick relaxing technique  -Self-care with and for baby  -Feeding support | Postpartum Visit #2 Helping you Relax and feel confident  -Sit down for Tea and Meal. Review plans from first visit that may need assisting. Review helpful tips  -We review birth story. We express strong emotions you may not have had the time to express or understand. We also talk about life postpartum and how its matched up to our expectation. -Relaxation techniques and setting up space and time daily -Go take a nap or shower while I am here for help with children. -Any assistance possible with feeding, light chores -Decide what will be included for visits #3 & #4 but my rules are talk, relax, shower, eat when I am around! |

Do not let finances predict your labor experience! Talk to me and we will make it work!!!

Discounts are available to anyone who can show proof of low income, hardship situation, or for attending my group classes posted on Facebook. Attending a class can replace a meeting from our schedule visits and would discount the cost of the program by $100. Barter system can work as well. Ask for details! Payment Plans are available as full payment is not due until after the birth!  
  
Additional Services Available with Gabriela

1.)Additional or just Postpartum Visits are available at $100 per four hours with additional relaxation techniques available.

2.)Free Insurance and Finance Consultations for family benefits. Licensed in MA & RI

3.) $200 discount on Fitness, Nutrition, Detoxes and Meditation Package at BTW

Includes free Postpartum Body Composition Evaluation, free Light & Sound Meditation and discount services at the private retreat and health club [Between Two Worlds](http://betweentwoworlds.info) in Attleboro. Visit [www.betweentwoworlds.info](http://www.betweentwoworlds.info) for more information  
Focus on your health and mindset after adjusting to life as parents. Fitness, Nutrition, Detoxes and Meditation advice available from Gaby as a Colon Hydro-Therapist