



# Birth Packages



**Every pregnancy is different, so naturally every birth will take its own unique course.**

**Support provided will always be personalised.**

**Moreover, every mother I support is unique.**

**Payment plans are offered; because we all should have a hand to hold.**



## Pomme Surrettes

Consultations (Birth Plan Included)

\$35

Baring it All Support Session

\$25 per hour

*A safe space to be emotionally vulnerable and get the proper support to navigate through pregnancy*

Impromptu Support

\$35 per hour

*Whether you need support during labour or postpartum assistance*

Infant First Aid/ CPR & Car Seat Safety

\$45 per couple



## Caribbean Sister Circle Sessions

Virtual Sessions

1st Friday in the Month. 6 pm E.C.T





## Birth Packages

\$550

### Papaya

- 1 hour client interview
- 1 antenatal visits with OB
- 1 Home visit/session with Mama Bear + Papa Bear
- 1 session birth circle (family/friends)
- Access to reading material during pregnancy
- Access to support equipment during labour
- 2 birth education sessions -breathing and positioning -breastfeeding and communication
- Unlimited Phone, Text & Email Support
- Professional, in person, support during your labor and birth with no additional fees or time restrictions
- Bare Necessities Birth Memory Packet
- 1 Postpartum Home Visit

\$750

### Passionfruit

- 1 hour client interview
- 2 antenatal visits with OB
- 1 Home visit/session with Mama Bear + Papa Bear
- 1 session birth circle (family/friends)
- Access to reading material during pregnancy
- Access to support equipment during labour
- 2 birth education sessions -breathing and positioning -breastfeeding and communication
- Unlimited Phone, Text & Email Support
- Professional, in person, support during your labor and birth with no additional fees or time restrictions
- Bare Necessities Delux Birth Memory Packet
- 3 Postpartum Home Visits

\$125 per night

### Pomegranate Overnight Care

The graveyard shift is hectic. So let me step in while you rest. I'll feed, change and love up your baby. You focus on you! Sleep and heal! Overnight care is from 9:30pm - 5:30am.

\$200

### Virtual Support

- 1 hour client interview
- 1 session with Mama Bear + Papa Bear
- 1 session birth circle (family/friends)
- Access to reading material during pregnancy
- Unlimited Phone, Text & Email Support