

Peace Of Mind, L.L.C. Birth Doula Contract

Peace. Power. Purpose.

Prices and Packages:

- **Spiritual Support (Virtual Prenatal + Labor & Delivery) \$900:**
 - (2) virtual prenatal visits (2hr)
 - birth preferences, baby's first care plan OR comfort measures & stages of labor OR Breastfeeding & Infant Care
 - unlimited text/email support, referrals for pregnancy (birth & postpartum)
 - Virtual support for the duration of labor
 - (1) virtual postpartum visit
 - Postpartum visit includes screening for PMADs and referrals, and postpartum plan.
- **Village Support (Postpartum Package) \$25/hr, Min 25 hrs:**
 - Infant care education
 - Assistance with infant feeding
 - Emotional support
 - Mother care
 - Developmental education and anticipatory guidance
 - Sleep strategies
 - Caring for baby while parents' rest/sleep/shower
 - Sibling care and adjustment
 - Meal preparation (by me or a personal chef which is a separate fee)
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 - Light housekeeping
 - Errands
 - Guidance in prioritizing daily tasks

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Prices and Packages:

- **Ancestral Alignment (Prenatal Care + Labor & Delivery) \$1,375:**
 - (2) virtual/in person prenatal visits (2 hr each)
 - 1st prenatal: birth preferences, baby's first care plan (virtual)
 - 2nd prenatal: stages of labor & comfort measures
 - unlimited text/email support, community referrals for pregnancy (birth & postpartum)
 - Support for the duration of labor (over the phone support during early labor and joining in person when physical support is needed)
 - Preparing for Birth online Breastfeeding course
 - (1) postpartum visit
 - Postpartum visit includes screening for PMADs and referrals, postpartum herbal consultation, postpartum planning & breastfeeding.
- **Birth Magic (Prenatal Care + Labor & Delivery) \$1,675:**
 - (3) virtual/in person prenatal visits (2 hr each)
 - 1st prenatal: birth preferences, baby's first care plan (virtual)
 - 2nd prenatal: stages of labor & comfort measures
 - 3rd prenatal: Belly binding during pregnancy
 - unlimited text/email support, community referrals for pregnancy (birth & postpartum)
 - Support for the duration of labor (over the phone support during early labor and joining in person when physical support is needed)
 - (2) postpartum visits
 - Postpartum visit 1: includes screening for PMADs and referrals, postpartum herbal consultation, postpartum planning & breastfeeding.
 - Postpartum Visit 2: Belly Binding (application and instruction), postpartum steaming, and therapeutic processing of birth experience.

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Products:

- **Bengkung Belly Binds (\$65):**

Traditional Ayurvedic approaches believe that giving birth creates air in the womb that needs to be warmed and nourished, and belly binding provides that comfort. Bengkung belly binds are created from muslin cloth which is 100% cotton: this delicate fabric is gentle on the skin.

- **Decreased pain during recovery**
- **Lessens swelling after birth**
- **Closes the abdominal walls**
- **It supports your pelvic floor**
- **Provides emotional support opportunities**
- **Corrects posture**