



Doula Welcome Packet

You deserve, YOU, centered support



Mission

To **SUPPORT** birthing persons in achieving the birth and post-partum experience they desire and establish and/or sustain breastfeeding supply. To **EMPOWER** expecting parents with education and advocacy needed and deserved to make informed decisions and give informed content in their own and their families best interest to dispel ingrained birth fear. To **SERVE** birthing persons, their families, and the community with excellence to help attack the disparities within maternal health, reduce the fetal/maternal mortality rates, and bring awareness to matters of maternal care and health.

Values

- **Autonomy.** Commitment to being the best in the industry with continued learning and the sharing of new ideas and information.
- **Cultural Humility.** Dive deep into historical and cultural context because it matters to create a new culture around doula work that reflects its many intersections.
- **Reproductive Justice.** We acknowledge birth as a reproductive justice issue, affected by barriers based on race, class, religion, traditions, gender identity and sexual orientation.
- **Collaborative Entrepreneurship.** Regularly collaborate with organizations, individuals, and advocates on matters of social justice, reform and birth disparity awareness to network and work toward improving care for all to cultivate community.
- **Intentional Growth.** We believe in intentionally growing our business and doula practices with intersectionality and inclusivity in mind.

What is A Doula

Basically, a doula is like a BFF / life coach / wise sage / maid of honor for all things pregnancy, birth, & postpartum. It is one who provides physical, emotional, and educational support to families during their sacred moments of life. Aimed at doing whatever is needed to achieve a healthy birther and baby/ies. A doula is also:

- **Human rights advocates.** We acknowledge birth as a reproductive justice issue, affected by barriers based on race, class, religion, traditions, gender identity and sexual orientation. Our community offerings dive deep into historical and cultural context because it matters.
- **Supporters,** not saviors. DTI teaches specific skills for learning to be present to meet the needs of clients and facilitate meaningful conversations with the care providers. We know our stuff—from birth options to the latest evidence-based research—and we believe that the client is ultimately the decision-maker. Our practice is based on mutual trust. I trust you to make their own informed choices, while as a client you can trust me to provide the unconditional care and support you need.
- **Practitioners of the Slow Doula Method.**[®] Equipped to navigate power dynamics and issues of trauma which can be defining factors for clients. We're committed to shifting the culture of care to meet the needs of clients. DTI professionals play a vital and central role in humanizing experiences through our unique approach.
- **Professional entrepreneurs.** Business and marketing skills blended with an understanding of community doula work is included in our curriculum, I have the confidence and curiosity about a range of possibilities for creating a sustainable practice.
- **Full-spectrum, birth and postpartum specialists.** The benefits of support before pregnancy, during and after childbirth are well-known and well-documented. I am trained to understand reproductive health, the anatomy and physiology of birth, and the emotional and physical aspects of the postpartum and newborn period.
- **Modern-day healers.** I understand the ins and outs of physical, mental, and spiritual health through the pre-conception, prenatal, birth, postpartum, and newborn periods. I practice in an integrative and holistic way.
- **Community-builders.** We need each other to thrive. Our energy is focused on building one another up and fostering lasting relationships to advance the birth profession as a whole

MEET THE DOULA

Tiara Morris, CD, CBE, CBC, CPD



Tiara is a trained full-spectrum doula based in Winston-Salem, NC. As the owner and operator of Total Maternal Support, she guides families to feeling empowered as they transition to parenthood. She has trained in complementary practices including placenta encapsulation and health and wellness coaching. She has many years of experience with children as a mother of 4, oldest child of 5, and from in home childcare and daycares. She is certified as a birth and postpartum doula, advanced breastfeeding counselor, and childbirth educator. She also holds bloodborne pathogen certification as well as CPR, first aid and ADE certified for adults, infants, and children.

CREDENTIALS

***All certificates/documentation can be supplied per request

- Trained full-spectrum by Doula Training International
- Certified birth/postpartum doula, advanced breastfeeding counselor, and childbirth educator by International Doula Institute
- Trained Placenta Encapsulation Specialist by Women's Choice Perinatal Services
- CPR, first aid and ADE certified for adults, infants, and children by American Red Cross
- Certified Bloodborne Pathogens & Infection Control by Biologic Solutions
- Trained Breastfeeding Peer Counselor by Loving Support

THE SERVICE

Whether you plan on welcoming your new addition in a hospital bed or at home, you want to leave your birth feeling powerful. Having a doula on your team ensures that you'll be nurtured & your needs advocated for every step of the way. Here is how...

OVERVIEW

Specializing in holistic maternity care, I can offer a variety of wellness methods to incorporate into your prenatal plan and birth vision, including aromatherapy, acupressure, TENS, and integrative nutrition. This varied knowledge is completely at your disposal to design a birth experience that works for you.

EMOTIONAL

The path to birth is a winding one. Having a trained professional to be there with you who has done it before can make you feel less unsure when the twists and turns come. Sometimes, you need a strong voice coaching you to keep going or even a small voice encouraging you to relax when needed. Whatever emotion/s you're feeling, you will be heard, validated, and space will be held to make room for them if, and when needed.

PHYSICAL

During birth, things are constantly shifting. What feels amazing one moment may make you cringe the next. Doulas come with a goody bag of techniques and knowledge for your physical comfort. We know where to apply pressure, what position to ease your contraction, and how to comfort you at every stage of labor. We also teach your partner these skills too.

EDUCATIONAL

Throughout your pregnancy, you have a human google at your fingertips to ask even the simplest of questions, on everything from medical interventions to pushing positions to infant feeding and sleep training. As a birth professional, I am constantly seeking the newest research on all available options. Doula support brings to you, without judgment, the answers you and your family need.

THE PACKAGES

o **Diamond**

Your investment for this package is \$1150 and includes the following;

- Consultation
- 3 pre-natal appointments
- 24/7 on call access for education
- Up to 24 hours of labor and birth support
- 3 post-natal visits
- Breastfeeding counseling
- Placenta encapsulation
- Birth plan

o **Gemstone**

Your investment for this package is \$850 and includes the following;

- Consultation
- 2 pre-natal appointments
- Up to 18 hours of labor and birth support
- 2 post-natal visits
- Breastfeeding counseling

o **Crystal**

Your investment for this package is \$385 and includes the following;

- 1 virtual pre-natal appointment
- Unlimited labor and birth support from active labor until birth
- 1 virtual post-natal visit

INDIVIDUAL SERVICES

Birth Services		
Services	Investment	Description
Labor support	\$650	I will arrive at your laboring location to assist you with coping with labor and facilitating comfort measures and birthing positions
Virtual Labor Support	\$350	I will assist you with coping with labor and facilitating comfort measures and birthing positions via zoom
Prenatal appointment	\$75	These meetings are to go over your rights and options to plan for your birth and postpartum needs/preferences.
Childbirth Education	\$200	To prepare for pregnancy, labor, birth, and postpartum to help make you aware of what to expect, when is normal, what is not and when to seek medical attention; hence removing fear and anxiety. ***Virtual available half price
Birth Vision Plan	\$35	This is a document to coordinate your birth team, communicate your unique needs/preferences for your birth, and empower you with the confidences to give informed consent.
Birth Story	\$65	A treasured account of how your baby came into the world. A keepsake comprised of the timeline of events that took place leading up to the baby's debut earth side. ***3-6 week turnaround time
Birth Photography	\$145	This includes digital images of labor, birth, and postpartum bonding. This is service can be added to any doula package for just an additional \$80
Postpartum Services		
Postpartum Visit	\$35	Peel hour In person support to help family with postnatal needs. ***2 hour minimum required.

Mommy Moment Kit	\$100	Items to help mother heal, adjust, and cope with the 4th trimester during a moment just for herself
Breast/Bodyfeeding Kit	\$100	Items to help mother sustain breastmilk supply, care for breast, store milk and remedy common challenges.
Newborn care	\$20/15min	Virtual meeting via zoom to answer newborn care questions or assist with challenges
Breast/Body feeding Counseling	\$25/15min	Virtual meeting via zoom or phone to assess breastfeeding challenges, educate, and intervene to sustain supply, give relief, and/or help accomplish feeding goals/comfort. Issues pertaining latch require an initial intervention due to severity of issue.
Placenta Encapsulation	\$300	Pickup of placenta within 3 days of delivery, processing, encapsulation, keepsake, and delivery within 30minute radius. ***Can be added to a package for \$150
Respite Care	\$75	Emergency visit in the instance of a crisis.
Placenta Tincture	\$35	Can stabilize hormones and increase energy levels after placenta capsules have ran out. It can be used during times of stress or transition and specifically great for menopause and during menstruation ***6-week turnaround time
Breast/Body feeding Intervention	\$65	In person visit in the instance of a crisis or challenges affecting breastmilk supply. Includes assessment, travel within 30minute, supplies and education.
Postpartum Plan	\$30	This is a document to coordinate your village, communicate your unique needs/preferences for your 4th trimester, and empower you and your family with a plan to adapt to the new transition.

MFAQ'S

➤ **WHO USES A DOULA?**

In short, ANY new or soon to be parent. Whether through birth, adoption, or surrogacy, you deserve someone that's 100% on your team, looking out for you, your goals, & your wellness. Inclusivity is key to smooth operation; I'll come into your birth or parenting space totally judgement-free - no matter what your family looks like.

➤ **WILL MY PARTNER BE LEFT OUT?**

We are a team so working with partners to make sure the team is cohesive is top priority. In the birth space, there's pressure on your partner to take all the pictures, text updates to your fam, while being an expert in everything learned from the childbirth class you took maybe 4 months ago - all the while not being able leave the room for a snack, take a nap, or even a trip to the restroom. I am not a replace yet an addition to your support team and an extension of your village. I work in unison with and bridge a gap between, you, your family, and your medical team with you at the center of it all. I complement and strengthen your partner's role by empowering him/her with tips, assurance, and suggestions to confidently support you while also holding space for them as well to be as involved as they would like to be within their and your comfort level.

➤ **DO I REALLY NEED A DOULA?**

Trust the numbers. Research shows that when a doula attends births, labors are shorter, there are fewer complications, and there is less need for medical intervention:

- 25% shorter labor
- 60% reduction in epidural requests- 40% reduction in forceps delivery
- 50% reduction in the cesarean rate
- Better chances of successful breastfeeding/chestfeeding
- Reduced incidence of postpartum mood and anxiety disorders

THE PROCESS GUIDE

Wondering how this all works? Let through the process...

1

Consultation: we get to know each other over a quick chat and see if we make a good team. This is your time to ask any questions about doula support & how it looks like in practice.

2

Booking: Total Maternal Support only takes 3 birth clients per month to give each client individualized attention. To reserve your estimated date of delivery on my calendar, a 50% deposit is due at the time of contract signing. Sliding scales and payment plans are available agreed upon at contract signing.

3

Welcome: You are now a member of the Total Maternal Support village! You have priority access to any classes/ events offered, education, and on call support of your doula. Now is the time to complete your birth vision preferences and questionnaire to get an idea of what your birth plan looks like.

4

Prenatal Meeting #1: Within the comfort of your own home preferably, we will discuss your birth preferences, briefly go over the stages of labor, and answer any questions. To ease your comfort in labor, we will go over breathing and position options. No matter what happens in labor, these tools will come in handy. Depending on package chosen prenatal meetings can vary between 1-3 meetings. Additional meetings can be scheduled if and when needed.

5

Prenatal Meeting #2: At around 36 weeks, we will go through your Postpartum Planner Worksheet and discuss all things recovery & newborn care. We will also go into the doula goodie bag and go over all the pain-relieving tools for your labor and plan for the atmosphere you'd like to labor and birth in. I like to meet your Medical provider as well before birth, so we are all acquainted before your birth. This is also when the remainder of your fee is due to cover your labor support.

6

Birth: From the time you call to alert you are in labor expect me to arrive at your laboring location within 2 hours. I will support you through active labor and you have unlimited access to doula support until you're settled in after delivery (around 2 hours post-delivery). When you would like for me to join you is totally up to you. However, please keep in mind I do not exceed 18 hours of continuous support.

7

Postpartum Visit: Within the first two weeks, your doula will come to your home to check in on your whole wellbeing. Ask any questions about newborn care, infant feeding, postpartum healing and/or sleep. You can also utilize 1 mommy moment which is where for an hour you can allow me to care for baby while you have a moment to yourself or have arrangements for baby and be pampered yourself for an hour. This is also time to debrief your birth and discuss this new world of motherhood. The number of postpartum visits vary based on package chosen and additional visits can be scheduled if/when needed.



Ready to complete your birth team?

If you've read this far, I know this is the beginning of an amazing partnership. I look forward to supporting you through a beautiful pregnancy and birth. Empowering you with evidence based information and awareness of the power you possess. As well as serving you with unwavering unbiased non-judgemental devotion.

Sincerely,

Total Maternal Support