



## **Doula Packages**

### **Prenatal/Labour Doula**

#### **Packages Include:**

- Free 1-hour consultation.
- Prenatal birth planning, what you really need for the first few months and beyond.
- We design your unique birth plan with your needs in mind keep a journal with all your questions and concerns.
- Preparing and planning for your “Baby Moon” time for you and your family to bond.
- Creating space for your kangaroo care skin to skin bonding.

#### **The Ultimate Package**

Two prenatal visits, labour support, one postpartum visit, email and text support - \$1,075

#### **Your Beautiful Birth**

One prenatal visit, labour support, one postpartum visit, email and text support - \$750

#### **Birthing Your Way**

Labour support, one postpartum visit, email and text support - \$575

### **Postpartum Doula**

#### **Packages Include:**

- Supporting mama postpartum as she recovers from the birth.
- Processing your birth experience.
- Hands-on education for infant and mama care.
- Breastfeeding Support/ Latch and positioning help.
- Understanding your babies’ cues.
- Bathing and diapering.
- Light housekeeping (dishes, vacuuming, laundry, meal prep with food provided by you,)
- Errands.
- Family support (Help with creating a nurturing environment for your family).
- Sleep solutions.
- Screening for Postpartum Depression.
- Assist the family with organizing the flow of family and friends.
- Care for older siblings so mama has more time to bond with the new baby.
- Resources and referrals.



## **Doula Packages**

The Doula visits you in your own home. All visits are a minimum of 3 hours in length.

### **The Relief Package**

3 hrs of nurturing support - \$75

### **The Tranquility Package**

10 hrs of nurturing support - \$250

### **The Serenity Package**

15 hrs of nurturing support - \$375

### **The Self Love Package**

20 hrs of nurturing support - \$500

Our Doula is a full spectrum Doula who offers many additional services not listed here. If you are interested in an additional or difference service, please email [hello@evolvewomenswellness.ca](mailto:hello@evolvewomenswellness.ca)