

BIRTH GUARDIAN SERVICES

Pregnancy, Birth & Postpartum Support with Caridad Saenz

Guiding Families Through the Labyrinth of Birth and Becoming

Choose the level of support that fits your family - from focused private preparation to continuous labour support and fully integrated pregnancy, birth and postpartum care.

PREPARE

The Orientation

AED 1,800

Focused private birth preparation for couples who want a clear, grounded introduction to labour and partner support.

Includes: 2 private sessions • birth physiology • introductory partner preparation • birth priorities • Client Library • virtual support

The Labyrinth Preparation

AED 2,800

Deeper practical and emotional preparation for families who want more than a standard antenatal class, without birth attendance.

Includes: 3 private sessions • hospital navigation • birth preferences • comfort and movement • emotional preparation • partner support • Client Library • virtual support

Signature Pregnancy Preparation Journey

AED 4,800

My most comprehensive standalone preparation journey for couples who want to prepare deeply but do not require me at the birth.

Includes: 5 private sessions • written birth-preferences document • comprehensive partner preparation • birth rehearsal • emotional preparation • postpartum planning • Client Library • virtual support

BIRTH

Birth Guardian Presence

AED 5,000

Focused labour and birth support for families who have already completed comprehensive preparation.

Includes: 1 prenatal connection • on-call from 37 weeks • early-labour guidance • continuous labour and birth support • partner guidance • immediate postpartum presence • 1 first-week follow-up call

Birth Guardian Journey - Essential

AED 6,500

A steady presence through pregnancy and birth, with focused preparation and one postpartum integration visit.

Includes: 2 preparation sessions • birth preferences • partner preparation • Client Library • virtual support • on-call from 37 weeks • continuous birth support • 1 postpartum integration visit

Birth Guardian Journey - Expanded

AED 8,000

Extended preparation, deeper partner involvement and more space to integrate the experience after birth.

Includes: 3 preparation sessions • extended birth-preferences work • deeper emotional preparation • birth rehearsal • continuous birth support • 2 postpartum integration visits

Signature Birth Journey - All-Inclusive

AED 9,500

The complete preparation and birth-support experience without extended ceremonial postpartum care.

Includes: 5 comprehensive preparation sessions • written birth preferences • hospital navigation • comprehensive partner preparation • birth rehearsal • on-call from 37 weeks • continuous birth support • 1 postpartum integration visit

SPECIALISED & PRIVATE JOURNEYS

More continuity for families who want specialised or deeply integrated care.

Hospital VBAC Birth Journey

AED 6,500

Specialised preparation and continuous support for families planning a vaginal birth after caesarean.

Includes: 3 VBAC preparation sessions • previous-birth reflection • VBAC education • hospital communication • partner preparation • movement and positioning • on-call from 37 weeks • continuous birth support • 1 postpartum integration visit

Private Journey - Foundation

AED 11,000

Complete pregnancy and birth support with intentional postpartum care, reflection and ceremony.

Includes: everything in the Signature Birth Journey • 1 postpartum home visit • Closing the Bones • 2 Becoming Mother sessions • extended postpartum virtual support

Private Journey - Full Integration

AED 17,500

My highest level of continuity through pregnancy, labour, birth and the mother's return into herself.

Includes: extended pregnancy support • priority virtual communication • extended partner preparation • shadow-work and pattern-awareness conversation • 2 postpartum home visits • Closing the Bones • 4 Becoming Mother sessions

MOTHER BLESSINGS

The Threshold Blessing

AED 1,800

A simple, intimate ceremony for a small circle of loved ones.

Includes: planning conversation • personalised ceremony • grounding • blessing circle • affirmations • symbolic ritual • closing blessing

The Labyrinth Blessing

AED 2,800

A deeper ceremonial experience centred on the emotional journey of birth and becoming.

Includes: 2 planning conversations • labyrinth journey • guided meditation • blessing circle • 2 symbolic rituals • group keepsake • closing blessing

The Birth Guardian Blessing

AED 3,800

A fully personalised Mother Blessing with extended planning and layered ritual.

Includes: personalised theme • guided meditation • multiple rituals • partner/family involvement • keepsake • postpartum-support guidance • follow-up connection

BOOKING & PAYMENT

Preparation-only services: may be paid in two instalments, with the final balance due before the final scheduled preparation session.

Birth-support services: 60% non-refundable booking retainer when the agreement is signed; 40% by 36 weeks. The full balance is due before the on-call period begins.

Birth Guardian services are nonclinical and complement - rather than replace - care from your doctor, midwife, nurse or hospital.

"Birth is not something a woman needs to perform. It is a path she walks - one that deserves presence, protection and respect."

- Caridad Saenz

caridadsaenz.com