

## BIRTH DOULA PACKAGE A



### WHAT'S INCLUDED:

- 1 Prenatal Visit
- On call 24/7, 3 weeks before due date
- Ongoing Labor Support
- Up to 30 minutes of Postpartum Support after Birth
- 30 minutes of an inpatient Postpartum Visit
- 1 Postpartum at Home Visit
- Text/Phone support starting as soon the contract is signed and up to 6 weeks postpartum

## BIRTH DOULA PACKAGE B

### WHAT'S INCLUDED:

- 2 Prenatal Visits
- Help Customizing your Birth Plan
- On call 24/7, 3 weeks before due date
- Ongoing Labor Support
- Up to 1 Hour Postpartum Support after Birth
- 30 minutes of an Inpatient Postpartum Visit
- 2 Postpartum at Home Visits
- Text/Phone support starting as soon the contract is signed and up to 12 weeks postpartum
- Additional Postpartum visits available at anytime within the first 12 weeks (fees apply)

