



Dear Doula Labor // Birth Package

- Full email, text and phone support from the time we decide to work together through infinity and beyond ;) We love to hear from you!
- 3 prenatal visits
- On call from 37-42 weeks until you give birth
- Immediate postpartum support
- Zen to Begin Dear Doula Welcome Kit
- 2 postpartum visits

Getting To Know You

This first meeting is a very important step in the doula service process. The meeting usually takes place over a cup of coffee or a quick lunch and lasts about 1 hour in length. The meeting provides for a great opportunity for the expectant parents to get to know the doula and vice versa. At the first “get to know you” meeting we usually discuss things such as the wants, desires, and needs of your pregnancy and birth. There is no obligation to hire me as your doula, this meeting is free.

Prenatal Meetings

These meetings are best to take place in your home and as they allow us to get to know each other on a deeper level. The first appointment is scheduled after we have decided to work together and there is a signed contract. At the meetings, we cover questions, techniques, preparation, creative art, food and more. I do give my clients homework to tackle in between meetings. The meeting usually last 2-3 hours.

Labor Support

I will go on call starting 37 weeks and will remain on call until the birth of the baby. On call status means I will be available to you when labor begins with short notice. Specific labor support depends on the individual couple and varies, but often includes: verbal support, physical comfort, informational support, breastfeeding support, and advocacy as defined as enhancing communication between care provider and clients.

Rate

My standard rate is \$1800.

I offer a sliding scale for those who need it.