

Birth Doula Services

- Two prenatal visits in your home
- Guidance determining your birth preferences
- Unlimited phone/email support
- **Continuous** support during labor
- Immediate postpartum breastfeeding assistance, if necessary
- Postpartum visit in your home
- Written birth story

We are on call for you from 2 weeks before your due date, or sooner if you experience signs of early labor. We have back up doula support in the event of an extraordinary circumstance that would not allow your doula to be at your labor.

Other Services Available

- References and resources for videos, books, childbirth classes, and more
- Photo or video account of birth
- Early parenting education

Cost

The cost is a sliding scale, for all services before, during and after your birth. The final total is up to your family to decide - based on your experience and what you can afford. Payment is due at our postpartum visit, usually within the first week after your baby has been born. Please contact each doula individually for her fee scale. A deposit of \$100 is due at your first prenatal visit.