

# Birth Doula

## PHILOSOPHY

The word doula is Greek, meaning 'woman who serves', and the role is as ancient as birth itself. 'Mothering the mother' is part of our innate birthing wisdom. A doula is 'with woman' to witness, nurture and comfort her as she brings new life into the world.

Undisturbed birth is dependent on you feeling safe and powerful. My role as a doula is to hold space for you and the birth of your baby and make sure all your choices are informed decisions aligned with your values. I will encourage, inspire, educate, support and nurture you through your pregnancy and childbirth process, mind, body, heart and soul.

I know birth to be a normal and natural event that has a deep and lasting impact on the lives of the woman and baby. I am an advocate of your own choices and experience. I will never make decisions for you but will empower and support the labour and birth options you choose for yourself.

## BIRTH DOULA OFFERING

- **Prenatal care visits** for your body, mind, heart and soul. Meeting times are unique to your desires and needs, but are usually a minimum of once per month until you give birth. These visits are for you to explore and access support for your individual experience of pregnancy and birth. One prenatal visit with your care provider/midwife and at least one together with your partner is also ideal.
- **Education & resources** to support you and your partner in an undisturbed labour, birth and postpartum. Covers the mammalian birth blueprint, how and why to have an empowered, undisturbed birth, cord & placenta options, pregnancy & newborn choices, releasing fears, labour strategies & more.
- **Help creating a birth plan** that reflects your own unique priorities and vision & supports your success.
- **Postpartum planning** to support your optimal recovery and bonding as a new family.
- **Unlimited phone & email support** throughout the prenatal and postpartum period. I am available to discuss your questions, concerns, fears or updates regarding your pregnancy, labour, birth and new mothering.
- **Mother Blessing** ceremony to gather your circle of women in a special ceremony to support, honour and celebrate your pregnancy and upcoming birth. Usually planned for 32-36 weeks.
- **On call for labor & birth.** I am available by phone for you at all times from from 36-44 weeks. Call me when you think you are in labour, even if you do not yet need me. We will stay in touch until you decide you'd like my support. I will be with you within 1-2 hours.
- **Labour & birth support** from whenever you choose until 2-3 hours after birth. Except for extraordinary circumstances I will stay with you throughout labour and birth.
- **2 postpartum visits** to support your birth recovery and postpartum wellbeing. These usually take place shortly after the birth (usually the next day) and at one week postpartum. Further postpartum support is available as an add-on.
- **Closing the Bones** ceremony to close your birthing rite of passage with warmth, massage, energy healing & traditional rebozo wrapping.
- **Birth story listening** for you and/or your partner whenever you are ready up to two years postpartum.

*This package is \$2800.00*

*\*If the fee is too much and you are wanting support to birth in your power, please still get in touch. I would love to talk with you about our options.*