



BIRTH DOULA PACKAGE

support . educate . empower

www.mkdoula.com



Prenatal, birth, and postnatal care and support that begin at our first meeting and continue even after your baby is born



What is a Doula?

The word **doula** is derived from the Greek language and means "*woman who serves*". This term is used today to describe the woman who guides and assists a new mother during childbirth and the early stages of caring for her new baby.

A doula's job is to ensure that your birth experience is as good as possible, offering understanding, encouragement, guidance, physical and emotional support during this time of intense transformation.

Doulas are companions who support women during labour and birth. Doulas provide continuous, one-on-one care during childbirth, as well as information, physical and emotional support to mothers and their partners.

I AM HERE TO SUPPORT YOU

As your doula by your side, I will provide you with up-to-date evidence-based information, support, care, and guidance so that you can make empowered decisions for you and your baby during your pregnancy, birth, and early postpartum time.

I will make sure that you and your partner feel prepared, cared for, and held as the birth unfolds, whether you are a first time parent, expecting a sibling, a rainbow baby, or preparing for a cesarean or birth after cesarean.

In my role as a doula, I assist birthing families in feeling more confident at the beginning of their parenthood journey.

What do I offer as a doula?

- **Physical Support**

Hands-on comfort measures like comforting massage, counter pressure, breathing techniques, and relaxation positions to support comfort and labor progress.

- **Emotional Support**

Assisting with continuous support during labour, easing the emotional experience and also enabling hormones to work effectively.

- **Partner Support**

The birth partner's experience plays an important role in the birth process. I will be there to support every birth partner in being as involved as they'd like with the birth.

BENEFITS OF HAVING A DOULA

Did you know that continuous care is important before, during and after childbirth?

Having a doula by your side can make you feel more confident about giving birth and caring for your baby.

Prenatal care by a doula reduces fears about childbirth and parenting.

Having a doula during labour decreases cesarean rates, labour length, oxytocin use, epidural requests, and other medical interventions.

Doulas also help increase breastfeeding success, foster parent-infant bonding, and decrease postpartum depression and anxiety during the postpartum period.

Support, guidance, and care will help you make informed decisions and feel less anxious about childbirth and parenting.

One of my goals is to provide you with up-to-date evidence-based information, support, care, and guidance so that you can make empowered decisions for you and your baby during your pregnancy, birth, and early postpartum.



BIRTH DOULA SERVICE FEES

As a doula, my fee for providing support and services during your pregnancy, birth, and postpartum period is \$ 1450

- A deposit of \$725 is due when the contract is signed.
- The balance of \$725 is 30 days before the due date, after which time I will be on call.
- I will secure your spot or 7 days from the day of our initial interview.

THE FULL BIRTH PACKAGE INCLUDES:

- 3 prenatal conferences (preparation & education focused)
- Unlimited e-mail, phone and text support
- Assistance in creating birth and postpartum plan
- Physical & emotional continuous support during labour and birth
- 1 postpartum meeting to offer mom & baby care support



I am committed to providing comprehensive, compassionate, and personalized care to help you have the birth experience that you desire.

CONTACT ME

LET'S TALK

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FOLLOW ME



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