

MOTHERLOVER

THE MOTHER LOVER DOULA PACKAGE - \$2500+HST

- Unlimited **24/7 on-call** email & phone support **until 12 weeks postpartum**. *I take a limited number of birth clients per month so I can best guarantee to always be there for you, whether in person or by phone/email.*
- Labour support - **I go to your home when you're ready for support** in early labour, **I'm with you until birth** (for however long!) and **stay up to two hours after birth** to help you settle in.
- **Birth photography** – I try to catch as many golden moments as I can but the number of shots depends on how long your labour lasts and how the birth goes down
- **3 prenatal visits** to discuss birth plan, comfort measures and newborn care
- **1 visit to post-birth to debrief + 3 postpartum care visits** to check in with your new family and help any way I can
- **1 postpartum massage** with Lindsay Finnie (or another of my fav local RMTs) + I come over to care for babe so you can really relax and enjoy
- My **pregnancy + postpartum resource roadmap** that lays out all the information you need to know in order to properly prepare for birth and transitioning to life with baby.

PRENATAL CARE

All clients receive unlimited on-call support for their entire pregnancy, access to my lending library and all the goodies in my doula bag including the Elle Tens Machine, rebozo, homeopathy, herbal medicine, essential oils, and much more! Our prenatal time together ensures you are informed about your options and confident in what to expect during the birth. Prior to the actual birth we will have developed a clear birth plan that includes your chosen preferences. (Please keep in mind that it is always ok to make changes anytime you see fit – you are in charge.)

POSTPARTUM CARE

After the birth, specialized care is provided to ensure that you cope well, receive adequate rest, eat nutritional meals and develop confidence in your body and abilities to care for the baby.

Services include:

- Assistance with respectful initiation for however you choose to feed your baby
 - Healing support, baby care and help transitioning to home environment
 - Light tidying, simple meal prep, baby wearing help + techniques for soothing baby and coping as caretakers
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PREGNANCY + POSTPARTUM RESOURCE ROADMAP

Figuring out everything that needs to be done before bringing baby home and actually getting it all done are two of the most daunting tasks soon-to-be-parents are faced with. My guide helps to break down each task into manageable pieces so you can access information as you need it, and in easy-to-digest videos, infographics and write-ups.

Topics include:

- Choosing the best birth + breastfeeding books and course
- BRAIN decision making
- Nursery must-haves and a list of my favourite things
- The best chiropractors, naturopaths, lactation consultants, etc. in your area
- Information about strep B testing, common labour interventions and newborn procedures
- How to leave the house with a newborn
- Cesarean recovery tips
- When and why to use labour tricks like 'The Miles Circuit' or 'The Three Sisters'
- The truth about padsicles, bottom spray and sitz bath
- Baby blues vs. Postpartum mood disorder
- Healthy newborn sleep habits + healthy newborn sleep expectations
- Breastfeeding troubleshooting + alternatives to a bottle
... and many, many more.

POSTPARTUM DOULA SERVICES

- Post-partum care: 3 hours \$110 + HST Overnight - \$240
Package of 12 daytime hours - \$420 (minimum 3 hours per visit) + HST
Package of 3 overnights - \$680

PAYMENT PLANS

It is not necessary to pay the full amount for the doula services up front; once the deposit is made and the contract is signed, I'm your doula. The deposit is required to secure your estimated due date as I accept only a limited number of births each month. Your last payment is always due one to three weeks before your estimated due date (EDD).

Some families choose to pay a 50% deposit as the retainer and the other 50% at 37 weeks, while others choose to make four payments of 25% each. You are able to decide what works best for you and the payment agreement will be outlined in the contract.