

# MOTHERLOVER

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## THE MOTHER LOVER DOULA PACKAGE - \$1799+HST

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- Unlimited **24/7 on-call** email & phone support **until 12 weeks postpartum**. *I take a very limited number of birth clients per month so I can best guarantee to always be there for you.*
- 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 catch as many golden moments as I can of you and your partner laboring, and the beautiful moment when you finally meet your baby
- **3 prenatal visits** to discuss birth plan, comfort measures and newborn care
- **1 visit to post-birth to debrief + 2 postpartum care visits** to check in with your new family and help any way I can
- The **pregnancy + postpartum resource roadmap** – I've recorded 45+ videos (which equals hours of content and endless resources) filled with all the information you need to properly prepare for birth and transitioning to life with baby. This resource is like having a childbirth education class, a newborn 101 class and *me* at your fingertips 24/7, from the beginning to the end of pregnancy and even after baby's arrived. This means you learn what you want when you want in the comfort of your own home *and* on your time. This eliminates the stress of classes, of having to remember everything or not having enough time to process the information; all the videos remain accessible for you to re-watch whenever you need.

### PRENATAL CARE

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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

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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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## POSTPARTUM DOULA SERVICES

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- Post-partum care: 3 hours \$110 + HST Overnight - \$260  
Package of 12 daytime hours - \$420 (minimum 3 hours per visit) + HST

## PAYMENT PLANS

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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.