

BIRTH SUPPORT

Birth package \$1,300

Payment plans are available upon request

2 Prenatal visit

We will have 2 prenatal visits, where we will cover topics such as birth planning, pain management techniques, and preparing for the postpartum period. Bring any questions or concerns you have, and we will address them together. In the second visit closer to your EDD we will go over laboring positions and what is comfortable to you.

Unlimited communication

You will be able to reach out for support, questions or concerns during your entire pregnancy. I will be available from 8am-7pm to respond to any text or email. I will also be on-call for you starting 3 weeks before your baby is born. This means I will be available 24/7 to support you when labor begins.

Extended Support

Extended support is for help with anything that is not directly related to pregnancy or birth. But will help aid you in this new transition phase of life. I have a list of different resources within the Philadelphia and surrounding community to help assist you. The resources include help with Wic, Medicaid, breast feeding groups, parenting classes, etc.

Labor and Birth

During labor, I will provide 12 hours of continuous physical and emotional support, helping you manage pain and stay comfortable. I will also advocate for your birth preferences and assist with any decisions that need to be made. Please note the 12hours can be used in any stage of labor depending on what you feel will be best. Anything after the 12hr mark will be an additional fee.

Postpartum Visits

After your baby is born, I will do 2 virtual calls/visit to and 1 in home visit to ensure you are adjusting well. We will cover breastfeeding support, newborn care, and any other concerns you may have. This can include sleeping tips, soothing methods, help with those extended service. Discuss possible referrals for services

Important note: There will be a back up doula available if for any reason I am unavailable at the time of your labor. You will have the option to meet the backup doula and we can schedule a call together.

Final payment for package is due at 36weeks

POSTPARTUM SUPPORT

Postpartum package. Start at \$700

Payment plans are available upon request. Prices vary for postpartum

Parent Focus

Helping assist with whatever is needed. If you need a quick shower and some sleep. I can watch baby and make sure all is good and well. If you need to tend to other children in the home I can also watch baby. Doing what I can to ensure you feel supported, physically and emotionally. Without over exerting yourself making the recovery harder on you.

Baby Focus

Tending to the baby to avoid over- exertion or burn out. Feeding baby, burping baby, changing baby. Or simply just holding baby so there is a break. Feeding support is so important with babies for breast fed, bottle fed or combination. Assist with putting baby down for a nap if that is what is needed. Getting baby dressed and ensuring they are okay.

Extended Support

Extended support is for help with anything. I will help aid you in this new transition phase of life. I have a list of different resources within the Philadelphia and surrounding community to help assist you. The resources include help with Wic, Medicaid, breast feeding groups, parenting classes, etc. While providing educational support like soothing, burping and sleeping support.

Household task

Completing light household items to help relieve the stress of mom. I can assist with meals, cleaning up, dishes, laundry, etc. If there are any unfinished baby items that needs to be assembled, or organization task for the nursery I am able to support. Sometimes all you need is a blank canvas to not feel overwhelmed. Our goal is to ensure mom and baby are in a clean, joyful environment .

How the package works.

Your package starts at \$700. That includes 20 hours of care. Designed with what works best for you . If that is multiple day shifts consisting of 4-6hrs. Or if you are in need of an 8hr overnight shift. When signing the contract we will agree on the best days and shifts that fits your schedule. At the start of each visit we will go over what is needed for the shift and at the end of the shift you will receive a message to your client portal with a summary.

Important note: Payment plans are available from the moment the contract is signed. We can discuss what works best for you payment wise. As long as the final payment is received prior to services being performed.

SERVICES + ADD ONS

Birth/Postpartum

Payment plans are available upon request

Labor and Birth \$650

During labor, I will provide 10 hours of continuous physical and emotional support, helping you manage pain and stay comfortable. I will also advocate for your birth preferences and assist with any decisions that need to be made. Please note the 10 hours can be used in any stage of labor depending on what you feel will be best. Anything after the 10 hr mark will be an additional fee.

Postpartum Visits \$35/hr

After your baby is born, you can book me for a home visit to ensure you are adjusting well. We will cover breastfeeding support, newborn care, and any other concerns you may have. This can include sleeping tips, soothing methods, help with those extended service. Discuss possible referrals for services. Along with resources for parenting support.

Nursery set ups \$40

This is an additional add on that can be added to your prenatal visit or your postpartum visit. I will come to the home and help organize, sort clothes and put together all the appliances needed like a bassinet, swing set, stroller, etc. A great service for parents who are in need of extra hands to get the job done faster.

Additional Labor and Delivery \$35/hr

This service can be added to the labor and Birth package or service. Some parents may feel like it is beneficial for the Doula to be there for the early labor stage so mom has extra support and be helped with different positions for comfort. Some want a Doula for the active labor position and pushing which could happen hours apart from each other. If you utilize the hours faster than expected add more with this add on.

Important note: There will be a back up doula available if for any reason I am unavailable at the time of your labor. You will have the option to meet the backup doula and we can schedule a call together. Final payment for package is due at 36 weeks