

Meager Beginnings Doula Services

Consultation visit		This is where we meet and get to know each other, this is a good time to ask any questions you may have and let me know what it is you are looking for in a doula and your hopes for your birth
Initial visit		This is where we get together and sign paper work to become a team. This is also a good time to ask any questions you may have forgotten.
Individualized Prenatal Care 2 visits		This is a time that we visit and I check the statics of your overall health, review any care giver visits and we talk about things you may be in need of, any problems or concerns and things to prepare you for your birth.
Herbal and Nutritional Consultation		This is a chart that I will have you fill out early on and that we will often review throughout your pregnancy
24/7 On Call availability from 37 weeks before and 1 week after your due date		During this time feel free to text or call me day or night if you have any questions or concerns.
Labor and Delivery Care		I will come to your home to support you throughout this time until approximately 2 hour after your birth.
Lactation and Breastfeeding Education, Encouragement and Support		This is something we will visit during pregnancy, and address any questions and concerns. I will teach you how to and help you to initiate your first feeding. Also something I teach in greater detail during birthing classes.
Individualized Postpartum Care 2-3 Visits:		PP Visit 1: directly follows the birth; where I will stay with them 1-2 hours after, if needed Visit 2; could be in person or by phone dependent on what you need. Visit 3 we will visit again around your 6 week postpartum period. Feel free to text or call me day or night in week 1-2 if you have any questions or concerns during this time. After this I am no longer on call so please limit it to day time texts or calls, if you feel it can't wait please call your care provider.
Lending library		If you are looking for some good reading material I can refer you to some good titles and authors you can find at the library, audible, kindle or you can borrow a book from me. There is a replacement fee for books that are not returned.
Handouts		Periodically I will give you a hand out on some information to help you along in your journey
Doula Care Package (Includes No Extra Services)		This fee is a combination of all of the above services and completes my entire Doula Care Package. (You are more than welcome to add any Extra Services at any time)

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