

1: The Complete Doula Package



The "complete" package is for the first-time parent or those just looking for all of the birth support they can get.

Meet with the doula in your home and discuss birth plans, labor coping skills, and all things birth. We will work to educate and prepare you for early labor, what to expect at home or in the hospital, and more. Once labor begins, your doula will join once you feel you need extra support.

PRICE
\$1,200

LET'S WORK TOGETHER

WHAT YOU'LL GET:

- ✓ Two in-home, 1-2 hour prenatal visits to discuss preparing for birth, birth goals, comfort measures, etc.
- ✓ Unlimited birth support in your home as well as your place of birth.
- ✓ One postpartum visit 1-2 weeks after birth where we process your birth and make sure your family is thriving postpartum.