

Skylark Birth Services, LLC

Services & Pricing Guide



[skylarkbirthservices.com](https://www.skylarkbirthservices.com)



Hello there!

Welcome to my birth doula information guide. Here you can learn a little about me and why I do what I do. You'll also find information on all of my different packages, services, and additional resources.

My wish is that everyone can access the support they need, so I strive to find a balance between affordability and time for all of my clients. In order to do this, I have tiered packages as well as additional add-ons you may pick and choose from. I also only accept up to three clients a month, so lock in your due date as soon as you can!

Ande

Certified Doula and Childbirth Educator
Owner of Skylark Birth Services, LLC



Birth is not only about making babies. It's about making strong mothers; strong, competent, capable mothers who trust themselves and believe in their inner strength.

-Barbara Katz Rothman



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.



2: The Ultimate Doula Package

LET'S WORK TOGETHER

PRICE
\$1,500

WHAT YOU'LL GET:

- ✓ Everything included in the Complete Doula Package: 2 prenatal visits and 1 postpartum visit, as well as unlimited in-person birth support.
- ✓ Virtual birth education and some favorite resources, as well as building a personalized visual birth plan.
- ✓ Access to all doula resources, including a TENS Unit, birth and peanut balls, and books in the doula library.



3: The Basic Doula Package

This package is reserved for returning clients, or clients seeking support for their second (or more) birth, who would like a more affordable option. If you feel more experienced in the birth world and are comfortable managing early labor and the postpartum period on your own, this is the package for you.

LET'S WORK TOGETHER

- WHAT YOU'LL GET:
- ✓ One in-home, 1-2 hour prenatal visit to discuss preparing for birth, birth goals, comfort measures, etc.
 - ✓ Virtual support in early labor, and in-person support at your place of birth at the onset of active labor.
 - ✓ Virtual postpartum support up to two weeks postpartum.

PRICE
\$950

What You'll Get

1 Pregnancy and Birth Education

It is my goal to provide you with as much information and education as you want.

During our prenatal visits, we will discuss how to prepare for birth, what to expect, and how to navigate the postpartum period.

I also provide online documents that use birth planning to educate you on your options. This includes some of my favorite resources, from articles to videos. (Ultimate Doula Package)

2 Emotional and Physical Support

One of the main roles of a doula is to provide emotional and physical support through pregnancy, birth, and early postpartum. We do this in many ways, including keeping you calm and focused during labor and offering comfort measures and techniques.

3 Evidence-Based Information

Any questions you have, I will do my best to answer. I present the most evidence-based information I can find, and support you in any decision you feel is right for you.





4

Birth Planning

With the "basic" and "complete" packages, we will discuss your birth plan during our prenatal visits. I can provide information and examples and you will create a physical plan if you wish.

With the "ultimate" package, once we have nailed down your plan, I will create a visual birth plan for you to show your provider and/or take to your birth.



5

Birth Support

When I join you in labor, I will be there as consistently as possible to support and advocate for you as necessary. This includes making sure you're getting and doing what your body needs, and offering suggestions for comfort and labor progress.

6

Breastfeeding Support

I offer basic breastfeeding support. Before birth, I focus on breastfeeding education. I also help with the first latch and can evaluate if you are in need of an IBCLC.

7

Postpartum Support

I am available to answer questions and will do so to the best of my ability. I also offer a postpartum visit where we unpack your birth, and I can assess how breastfeeding is going as well as how you and baby are doing.

Additional Services

Prenatal or Postpartum Visit	Add a prenatal or postpartum visit to your package. (Limit one postpartum visit.)	\$100
TENS Unit Rental	Access to my TENS Unit and a pack of electrodes from our last prenatal visit until birth.	\$50
Doula Resources	Access to my birth/peanut ball, as well as my library of birth books.	\$50
Visual Birth Plan	Choose your top birth preferences and I will create a visual birth plan personally tailored to your goals.	\$50
Online Birth Education and Resources	Access to labor education documents, as well as all of my favorite online resources.	\$100

How to Hold My Spot

- 01 BOOK A MEET AND GREET**

Reach out via email, text, or call and we can set up a meeting. Think of this as a mini-interview where we get to know one another and answer any questions you have.
- 02 CHOOSE YOUR PACKAGE**

Choose from three tiered packages and any additional add-ons you want.
- 03 SIGN THE CONTRACT**

I'll send you a link to my contract for you to look over and sign.
- 04 RETAINER FEE**

Pay the retainer fee via cash, check, Paypal, or Venmo. Remaining fee due by 37 weeks.



COMMUNICATION

CONTACT DETAILS

850-524-7776
skylarkdoula@gmail.com
Leon, Gadsden,
and surrounding counties

OFFICE HOURS

M - F 9:00 AM - 5:00 PM

WEBSITE

www.skylarkbirthservices.com

SOCIAL MEDIA

@skylarkbirthservices

My Doula Journey

My practice was born out of passion and eye-opening personal experience. Before the birth of my children, I knew birth work was important, but I never truly understood how invaluable it could be. The team I surrounded myself with changed the course of my birth. I strive to offer that same impactful support to my clients and help them advocate for themselves so that they can look back on their own birth and know it was one of the most powerful moments of their lives.

I believe that every family deserves birth support and safe, informed, respectful care. Birth is powerful, and the experience should be positive and empowering.

My goal as a doula is to offer support through the birth of your dreams, guide you through obstacles and tough moments, and ultimately foster and preserve a positive memory of your baby's birth.



"I believe that every family deserves birth support and safe, informed, respectful care. Birth is powerful, and the experience should be positive and empowering."

Why Work with Me

I have been working as a doula since 2019. During that time I have been certified as a Birth Doula with DONA International (2021) and as a Childbirth Educator with Lamaze International (2023). I have also been trained in Spinning Babies. I have experience with both home and hospital births, and work with all families, as well as surrogate births. I attend VBACs (vaginal birth after cesarean) and cesarean births.

For work and life balance, and the ability to give as much to each client and birth as I can, I keep a manageable client load of up to three clients a month. I work closely with each family to form a connection that facilitates a birth space that feels safe and comfortable.

My role as a doula has many facets. I am an educator, advocate, and source of support. I work with each client to educate them on their rights and choices, and evidence-based birth practices. I encourage clients to advocate for themselves and the care they want, and advocate for them in the appropriate circumstances.



Testimonials

Charlise

"I tell everyone who's expecting or looking to expand their family one day about my experience and how I'll never do another pregnancy without a Doula and it's all thanks to Ande. If you're looking for a sign, here's one. BOOK HER!"

Courtney + Jimmy

"When I needed emotional support, she was there. When I needed information, she was there. When I needed her opinion and advice, she was there. I could not have asked for a better doula."

Lauren + Kyle

"As I encountered situations that I had not "planned" for, she guided me and my husband in the decision-making process and helped me feel confident along the way. At 41 weeks and 5 days, I went into natural labor. My husband and I felt supported and confident as we entered into the hospital. I labored as I pleased with Ande by my side. I delivered my baby girl without an epidural. All of my goals were achieved and it was an experience I will never forget! Thank you, Ande! You are wonderful."

Jaedine + Georges

"Although my husband was very involved and tried his best to help, the real relief came when Ande joined us. She knew exactly how to help me with new position suggestions, encouragement, and counterpressure...Throughout the whole process, Ande totally respected and supported my decisions. She was exactly what I needed to make it through my unmedicated birth. I highly recommend her to anyone looking for a birth doula and I plan to use her for my future births."

Talia + Greg

"Words can't express the magnitude of endless emotional and physical support Ande provided to us during my labor and childbirth. For nearly 20 continuous hours through the majority of labor, delivery, and immediately postpartum, Ande never left our side. She labored with me."

Melissa + Phil

"Ande not only advocated for me to achieve my goals, but also took some of my stress away to make my labor a positive experience. I absolutely recommend Ande and highly suggest to anyone pregnant that you need a doula! Your job is to look out for your baby, but Ande's job is to look out for YOU - and she does an amazing job."

FAQ's

Can I add or take away add-ons from a package?

Once you choose your base package, you can add any of the add-ons you want; however, you can't take services away from a package.

When do you schedule prenatal visits?

Typically, we will schedule prenatal visits around 32 and 36 weeks. As always, I am flexible and will work with your schedule.

When do you go on call? What happens if I go into labor before you're on call for my birth?

I typically consider myself on-call from 37 weeks until birth. I will do my best to be at your birth, whenever it happens, whether I am technically "on call" or not.

What happens if you do need to call in a backup?

I try to choose a backup doula that best fits your personality. If I need to call one in, all of the logistics and fees will be my responsibility.

What happens if you (or a backup) miss the birth?

If I miss the birth due to lack of communication, I will not issue a refund. If it is due to precipitous birth (labor < 3 hours), or circumstances beyond our control, I will issue a partial refund if I do not arrive within two hours.

Is there a payment plan?

After the retainer fee (\$250), I only ask that the full fee is paid by 37 weeks of pregnancy. You may set up your own payment plan.

Let's Get Started!

Let's set up a meet and greet!

Reach out and we can schedule a meeting at a time and place that is convenient for you.

I have linked my website inquiry form as well as my contract below. Feel free to read over it and let me know if you have any questions.

WEBSITE

CONTRACT

Thank you for reaching out!
I look forward to working with
you and your growing family.

Ande



skylarkdoula@gmail.com

www.skylarkbirthservices.com

