

Birth Doula Packages



BASIC PACKAGE

- 3 Prenatal visits (1 hour each)
- Continuous physical, emotional and informative support throughout pregnancy labor and birth.
- Newborn care tips and support throughout service
- Evidence-based childbirth classes for mother and partner.
- 24hrs on-call support and unlimited phone, txt and email from 38 weeks
- In person support during labor and birth.
- 1 postpartum care package (includes aftercare for perineum and c-section)
- 1 at-home visit during first two days home with baby.

UPGRADE TO VIP and add:

- 1 at-home postpartum follow up 1 week after birth, with Herbal postpartum soak
- 2 Prenatal yoga classes
- Dr Visit (Support at one doctor visit)



Patsy Andall

Birth & Postpartum Doula

althina.doula@gmail.com

Postpartum Doula Packages



BASIC PACKAGE 15 Hours of Support

- 1 home visit to help prepare space before birth.
- 2 at-home visits during babies first two days home.
- 1 postpartum care package
- 1 in-person follow up 7 days after being home.
- 1 herbal postpartum soak.
- Newborn tips and support throughout
- Breastfeeding support
- Support birthing person in bathing and napping.
- Unlimited txt and email up to 6 weeks postpartum.
- Physical and Emotional Support in recovery and healing

UPGRADE TO VIP additional hours and support

- 3 additional at-home visits
- Food prep for new mama
- 1 mom boost (luxurious mini facial)



Patsy Andall

Birth & Postpartum Doula

althina.doula@gmail.com