



## Birth Services Mini Package

We here at **Gifted Hands Pregnancy Partners**, know that's some of our families don't necessarily want all the pomp and circumstance that our full-service package offers. For them we have created a mini package that focuses solely on Labor and delivery support. With this package, you get the same great care, but without all the extras. The services in this package include;

**Prenatal appointments** this is the time where the doula and the family will meet in person. At these appointments, the doula trains and educates the family about pregnancy and the upcoming birth. The doula and mom create a birth plan. The doula receives updates and changes concerning the mom's pregnancy. The doula answers any questions, and gives tips and advice. Prenatal appointments occur once a month until the last month of pregnancy, at that time they are once a week.

**Labor and Delivery Support** Doula coach's mom through labor and delivery using massage, aroma therapy, breathing, and relaxation techniques. Once doula arrives we stay with mom throughout the entire Labor and delivery, no matter if its three hours or thirty hours we do not leave the room! After your delivery, we stay for up to three hours to help with breast feeding and anything else you may need assistance with. We want to ensure that you are comfortable and confident caring for your new child before we leave.

**Post-Partum Appointment** Between two and six weeks of your delivery your doula will have a follow up appointment with you. We will discuss how you are adjusting to motherhood and answer any questions you may have.

This package is offered at the price of \$500. If you choose to use our services, a \$250 deposit is due at the time of booking and the balance is due by the end of your 30<sup>th</sup> week of pregnancy. For a full list of the other services and packages we offer please feel free to contact us.

Warmest Regards,

*Gifted Hands*