



Full Service Package

Congratulations on your pregnancy!

We are so excited for you and this amazing journey you are about to embark on! We are also excited that you are considering having us here at **Gifted Hands Pregnancy Partners** join you on this journey. A Woman's memories of her birth experiences last a lifetime, and It is now widely recognized that choosing to add a labor support person to one's birth team can yield many positive benefits for both the baby and the mother.

Gifted hands is a practice that focuses on the complete wellness of our clients. We believe That every mother deserves to have the birth of her dreams! As your doula, we will assist you in every way that we can, to ensure that you have the best birth experience possible! We offer a standard Birth service package that we believe will equip our clients to go into their birth fully informed and empowered! this package includes;

Prenatal appointments this is the time where the doula and mom will meet in person. At these appointments, the doula trains and educates mom about her pregnancy and 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.

Birth Plan did you know you can design your own birth? At a normal Labor and delivery with no complications a mother can outline exactly how she wants her birth to go. Want Music? A certain smell in the room? The lights low, or the room at a certain temperature? You can have it! You call the shots! We will help you create a birth plan that will not only cover everything you want at your birth, but, that will also be in a format that is short and concise enough that the hospital staff will actually read it!

24/7 contact hours Having a weird feeling at 3am and you don't know if its normal or not give us a call! As your doula, we offer 24/7 contact hours for any

questions or concerns!

Mini CBE and infant care class Couldn't find a Lamaze class or are a first-time mom nervous about caring for an infant? No worries! Here at gifted hands our doulas are also child birth educators and certified infant care specialist. As our client, you will receive mini class where we will teach you about the different stages of labor and delivery. We will go over evidence based information about child birth, and positions of comfort. We will then transition to infant care, where you will learn evidence based techniques on how to care for a newborn. From feeding, bathing and diapering to circumcision and umbilical cord care. We will also go over infant CPR and choking techniques.

Labor and Delivery Support Doula coaches 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.

Emotional support services We know all too well the emotional changes that can occur during and after a pregnancy, and that postpartum depression is a very real illness. At gifted hands, the emotional wellbeing of our moms and their families is a big part of our mission. Every mom that books with us receives emotional support services. This is an opportunity for you express your feelings, concerns, fears, Vent, and receive advice from a peer counselor and student of psychology. ***Emotional support sessions are conducted by a student of psychology not a licensed psychiatrist. Any advice given should not be considered medical advice.**

Post-Partum Appointment Within two 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 \$900. If you choose to use our services, a \$450 deposit is due at the time of booking and the balance is due by the end of your 30th week of pregnancy. Thanks again for considering us and we look forward to hearing from you!

Warmest Regards,

Gifted Hands