



## **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 Doula join you on this journey. A Woman's memories of her birth experience 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 doulas, 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 concerning the mom's pregnancy. The doula will also answer any questions, and give 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 it's normal or not give us a call! As your doula, we offer 24/7 contact hours for any questions or concerns!

**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 doula's are also childbirth educators and certified infant care specialist. As our client, you will receive intensive training where we will teach you about the different stages of labor and delivery. We will go over evidence-based information about childbirth, and positions of comfort. You will also learn evidence-based techniques on how to care for a newborn. From feeding, bathing, and diapering to circumcision and umbilical cord care. Most importantly, we will go over infant CPR and choking techniques.

**Labor and Delivery Support**, your doula will coach mom through labor and delivery using massage, aromatherapy, breathing, and relaxation techniques. Once She arrives she will stay with mom throughout the entire Labor and delivery, no matter if its three hours or thirty hours she will not leave the room! After your delivery, she will stay for up to two hours to help with breastfeeding and anything else you may need assistance with. She will ensure that you are comfortable and confident caring for your new child before she leaves.

**Emotional support services**, we know all too well the emotional changes that can occur during and after pregnancy, and that postpartum depression is a very real illness! At Gifted Hands, the emotional wellbeing of our moms and their families are a big part of our mission. Every mom that books with us receives four emotional support sessions, with the option to purchase more. This is an opportunity for you to express your feelings, concerns, fears, vent, and receive advice from Mental health counselors.

**\*Emotional support counselors, are not 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. You will discuss how you are adjusting to motherhood and she will answer any questions you may have.

This package is offered at the price of **\$900**. If you choose to book us as your support partners, a **\$450 deposit is due at the time of booking and the balance is due by the end of your 30th week of pregnancy.**

Warmest Regards,

*Gifted Hands*