



Birth Services Mini Package

We here at **Gifted Hands Doula**, know that 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, two in-person appointments. During these appointments, the doula and mom will create a birth plan. The doula will receive updates concerning mom's pregnancy. She will also answer any questions, and give tips and advice.

Labor and Delivery Support, doula coaches mom through labor and delivery using massage, aroma therapy, breathing, and relaxation techniques. Once your doula arrives she stays 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 breast feeding 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.

Post-Partum Appointment, between two and six weeks of your delivery your doula will have a follow up appointment with you. You 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 30th

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