

Hayaat's Detailed Birth Doula Offerings \$1,500

My preference of birthplace:

I have a passion for making hospital births positive and empowering by helping clients to understand that whether at home or in the hospital, your intuition, desires, and needs deserve to be respected. For many, the hospital feels safest as a birth location, I want to help you also make it feel cozy and calm.

Ethos in my practice:

I want to get to know you, what makes one client feel safe and supported won't necessarily do the same for you. In all our interactions my goal is to listen and listen deeply...and then to take what you tell me about yourself seriously. This is your experience, it's the jumping-off point for your parenting journey. I have a tool kit, with lots of things we can try and lots of options I can help you to discover and explore but I don't have an agenda.

Prenatal Care:

- 2 Prenatal sessions, one virtual and one in person using a trauma-informed care approach
 - Creating a birth map of all the potential things that could happen and how you would want to proceed so that you feel prepared for the big day!
 - Working with birth giver and partner to explore where stress and anxiety might come up in the birth space, and what to do about it
- Text and phone support, as needed, from hiring to 6 weeks postpartum
- I can help you determine if you should get in touch with your care team to give them an update or check-in and offer helpful suggestions in between our scheduled sessions
- Curated evidence-based and trauma-informed digital birthing resource packet
- Personalized referrals to community services & access to Brood's family portal
- Perinatal sexual health and intimacy workshop *available upon request*
- Complimentary colostrum collection kit

Birth Attendance

- On-call birth support from 36 weeks onwards
- Continuous, one-on-one care, from early labour onwards until 2 hours after birth
 - Early labour typically happens at home and knowing you can call your doula to offer you support when you need it can help put your mind at ease
 - Labour support, both in early and active from me looks like:
 - Helping you know when to rest and when to be active, running you a bath, keeping you hydrated, helping you with breathing techniques, making you a snack, using hands-on techniques for pain management, helping you stay calm and feeling safe, helping decide when it's time to go to the hospital or call your midwives if staying home, working to ensure informed consent and advocating for your needs and preferences
- Access to Elle TENS machine, Rebozo, Labour Link, acupressure
- You will have access to all the goodies in my bag, including drinks and snacks as needed
- First feed, latching and newborn care support
- Birth photography & videos

Postpartum Support

- 1 - 2 postpartum visits
 - A chance to talk about the birth and check in about how you are doing, what resources or information you need, and how I and your community can support you
 - A crash course in all the baby skills and care you need support with
 - Examples include newborn sleep, cutting baby's nails, bathing, baby-wearing, burping, pumping, newborn normals, diapering, etc.
- Text and phone support, as needed, for the first 6 weeks postpartum