

brood

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

My preference of birthplace:

I am comfortable and versed in both home births and hospital births. I follow your lead and choice of the birth nest; but always to be by the birth giver's side, to support you and your partner for a calm, safe, and empowering birth journey.

Ethos in my practice:

I encourage the birth giver to navigate their travels as captain of their ship. Midwives, Doctors and Nurses, Doula, and the Partner are all support crew on this journey. My role, as Doula, before and during birth is to create and maintain a calm and grounded environment; through the discovery of your needs, through holding space for informed consent, through non-judgemental, empowering emotional support, and through the use of non-medical, physiological and psychological comfort measures. I bring my sensibility that birth is a natural state to be embraced & celebrated. Birth is a wondrous and dynamic passage to the beginning of your parenting journey.

Prenatal Care:

- 2 Prenatal sessions, one virtual and one in person
 - Each of our prenatal sessions will focus on resources and exercises geared towards you feeling knowledgeable, supported, and empowered
 - We will explore your birth preferences; for comfort measures, birth tools and procedures. As we examine what safety and support feels like for you, using trauma-informed care
- Text and phone support, as needed, from hiring to 6 weeks postpartum
- 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
 - Whether yours is a home birth or hospital birth, when early labouring at home, I can join you, when and where you need it
 - 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

- 2 postpartum visits
 - One virtual visit
 - Usually, this happens a few days after the baby is born, it's 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
 - 1 in-home baby skills and care visit (half-day session)
 - Examples include 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