

# brood

## Maya's Detailed Birth Doula Offerings \$1,250

### My preference of birthplace:

I personally don't have a preference of birth place because it's not my birth, it is YOURS! Wherever you feel most supported, safe, and can get the care you deserve, I'm here to support you in that! The hospital or your home can both be great environments for birthing, and I'm here to help make that space best reflect you and your birthing wishes. Regardless of the birthing environment, I'll do my best to make it benefit your birth and keep that oxytocin flowing!

### Ethos in my practice:

I believe doula care is not just providing emotional, informational, physical care but helping understand possible obstacles and motives to your desired birth scenario. I love to engage with clients in conversations on what their goals are and how we can get there together as a team through the birthing person's lead. I love to focus on wins in the moment and finding positivity in every birthing scenario. Doula practice includes holding space, hands, and conversations to create a positive experience all around.

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## Prenatal Care:

- 2 or 3 prenatal sessions in person:
- These prenatal meetings allow us to connect, share questions, experiences, and develop a deeper connection that'll come into play through your birthing experience.
- We will discuss your overall goals, motives, obstacles, and tools available to help reach such goals!
- Other birth supporters such as partners, mothers, friends etc, if applicable to you, are encouraged to join so we all can share goals and questions! I'm here to help your team through this process so they can be the best for you as well.
- Unlimited support through text, call, email.
- Access to Birth related handouts, packing lists, birth preference resources, articles, Hypnobirthing tracks, relaxation and birth story podcasts, local resources list.
- Complimentary TENS unit
- Complimentary Brood colostrum collection kit.
- Access to the Brood Family portal full of other valuable resources.
- Postpartum support planning.

## Birth Attendance

- 24/7 on call support starting from 36 weeks
- Continuous labor and birth support wherever you are in that personnel (home or hospital, I can meet you!)
- Access to my doula bag which includes essential oils, lights for the environment, TENS machine, massage tools, acupuncture knowledge, and many other tools in my bag.
- Support and guidance on comfort techniques including movement, positions, hydrotherapy, gate-control theory methods, and breathing techniques.
- Communication and support regarding pain relief options that fit within your birthing wishes.
- Immediate postpartum support with first feed, baby basics and helping get your family set up for a great transition.

## Postpartum Support

- 1 or 2 postpartum visits in person varying in time depending on your needs (2-4 hours).
- Opportunity to debrief, share questions, laughs, or cries regarding your birthing experience!
- Opportunity to cover and chat about basic baby support including diapering, feeding, baby wearing, baby "normals", and sleep.
- Postpartum support check in - chatting about your support system & self care methods.
- Unlimited text/phone/email support for the first 4 weeks postpartum.
- Assistance seeking postpartum resources if needed!