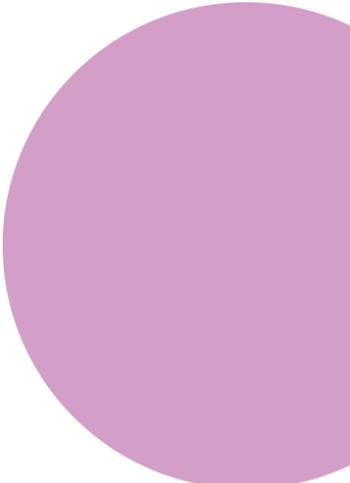


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Edith's Detailed Birth Doula Offerings \$1900 - \$1500 + GST

Please use [The Green Bottle Sliding Scale Tool](#) to determine your fee scale.

My preference of birthplace:

While we all have our expectations and ideas of what birth could look like and happen like, my role as a doula is to support the birthing person wherever they choose or happen to birth. So I do not have any preference! Babies are wise and know when and how and more when surrounded by the right and supportive circle of community that will provide their families evidence-based information in order to take their best decision at those times! As long as you are feeling cared for, supported and safe that is where I will be supporting this amazing event in your journey.

Ethos in my practice:

I believe and strive to bring down barriers to access equitable, trauma-informed, intersectional and inclusive support, as doula care is health, it is also radical care. Full Spectrum Doula Care is a window to access health care at a very vulnerable time in our journeys and those who are to be born from these events. I strive to provide a safe space to listen and to be curious about feelings, situations not only within our bodies but our interactions with the health care system and other care providers that we come into contact and provide guidance on how to navigate and create a reassuring and positive experience for my clients.



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Prenatal Care

- 2-3 Prenatal sessions→
 - These are for us to connect, to learn our wants, our needs, negotiables and non-negotiables, and provide you with an in-depth discussion about pregnancy, birth and postpartum and any other questions, doubts, or curiosity is it to be explored.
 - Folks are encouraged to bring along any other support person during gestation and/or birth as it helps us to connect and create a consistent front.
- Text, phone and email support from 9-9 pm from the hiring date to 36 weeks.
- Complementary access to TENS Machine, rebozos, comfort tools, and peanut balls in between our scheduled sessions.
- Personalized referrals to community services & access to Brood's Family Portal.
- Complimentary Brood colostrum collection kit.

Birth Attendance

- On-call birth support from 37 weeks onwards.
- Continuous, one-on-one care, from early labour onwards until 2 hours after birth.
- Access to my doula tools such as my rebozos, stretchy wrap for suspension, essential oils, lights for the environment, my TENS machine, and massage tools including traditional ones from Mexico.
- Active support with experience and guidance using techniques specific to the birth situation, including knowledge from Spinning Babies, Blissborn Birth and Waterbirth from Barbara Harper, Miles Circuit amongst many others.
- Evidence-based information for you to take the best decisions during your birth, in regards of pain management, place for your birth, care for you and your newborn during and after birth.
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Postpartum Support

- 1-2 postpartum visits where we can debrief, revise, and navigate resources that you might need while navigating the 4th trimester and beyond.
- Text and phone support, as needed, for the first 4 weeks postpartum.