

# brood



## Roberta's Detailed Birth Doula Offerings \$1,950 - \$1,550 + Agency Fees & GST


[For support on navigating sliding scale pricing, click here.](#)

### 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 feel like for you (using trauma-informed care models).
- Text and phone support, as needed, from hiring to 6 weeks postpartum.
- Curated evidence-based and a trauma-informed digital birthing resource packet.
- Includes Brood's Family Membership, with
- access to our 5 online courses, virtual private clubhouse, and the member's area.
- Perinatal sexual health and intimacy workshop. \*available upon request\*
- Complimentary Brood colostrum collection kit.

## Birth Attendance

- On-call birth support from 36 weeks onwards.
- Continuous, one-on-one care, from early labor onwards until 2 hours after birth.
- Labor support (both in early and active stages) from me looks like →
  - Helping you know when to rest and when to be active. Making you a snack, keeping you hydrated, and helping you with breathing techniques.
  - Running you a bath, using hands-on techniques for pain management, and helping you stay calm.
- Helping you 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.
- You will have access to all the goodies in my bag, including drinks and snacks as needed.
  - Access to Elle TENS machine, acupressure, aromatherapy, movement/optimal birthing positions.
- (iPhone) Birth photography & videos.
- First feed, latching, and newborn care support.

## Postpartum Support

- 2 postpartum visits →
  - One virtual visit
    - A chance to talk about your 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 your baby's nails, bathing, baby-wearing, burping, pumping, newborn normals, diapering, etc.
- Text and phone support, as needed, for the first 6 weeks postpartum.