

Camille's Detailed Birth Doula Offerings \$1,000 + GST


My preference of birthplace:

I like to find out where you imagine feeling safest and we go from there. If you are undecided then we can look at the options together. Feeling confident in your place of birth as well as who you want surrounding you are the foundations of a positive birthing experience.

Ethos in my practice:

Our bodies are blueprinted to go through the process of labouring and birthing a baby. If you didn't read any books before your labour, your body would still know what to do. We will explore the mind-body connection so that you feel mentally prepared to encounter the epic journey of labour. I will be there to listen if any fears or concerns come up for you as you prepare to meet your baby. Getting acquainted with your fears ahead of time will help to change your relationship with them.

We can't predict how your labour will unfold but if the fears surface during labour then it will be like walking towards an old friend as opposed to suddenly bumping into a stranger.



brood

Prenatal Care:

- A minimum of 2 in-person prenatal sessions →
 - We build trust and connection in our prenatal visits so that I can best serve you and the vision that you have for your labor.
 - Building a birth plan is a good way to find out what is important to you.
 - I tend to do a lot of hands-on work during labor — if you are comfortable with massage I like to do this prenatally so that you can become familiar with my touch.
 - Sharing education on simple acupressure and counter-pressure points that can help with pain management.
 - We will take time to chat in detail about what your postpartum time will look like.
- Text and phone support, as needed, from hiring to 3 months postpartum.
- Personalized referrals to community services.
- Includes Brood's Family Membership, with access to our 5 online courses and the member's area.
- Complimentary Brood colostrum collection kit.

Birth Attendance

- On-call birth support from 36 weeks onwards.
 - You can call me to come to you as soon as you feel you need some extra support and I'll be with you until your baby is born.
- Labor support (both in early and active stages) from me looks like →
 - Massage, acupressure, guided visualizations, suggestions on different positions, and aromatherapy.
 - Giving your support team rests if the labor is long and make sure that everyone is hydrated and nourished.
 - I can also help advocate for your birth preferences.
- I will also record the details of the birth for you.
 - If you would like photos or videos of the birth I can do that as well.
- First feed, latching, and newborn care support.
- If you are at the hospital and are returning home the same day I am more than happy to come home with you.
 - I can put the soup on, tidy up and help you get settled as you cozy up with your newborn.

Postpartum Support

- A minimum of 2 postpartum in-person visits, with the option to get support through →
 - Debriefing your birth experience, grocery shopping/errand running, cleaning your house, holding your baby while you shower, nap, or spend some one-on-one time with an older child.
 - We can also do some gentle yoga together and I can help ease any aches and pains by giving you a massage.
 - I like to touch base again about pelvic floor health and make sure that you have any referrals you need for community services.
- I am a parent coach and like to offer one complimentary session if you need any extra tools to help older children in the family adjust to life with a newborn.
- Text and phone support, as needed, for the first 3 months postpartum.