

# brood

## Saphren's Detailed Birth Doula Offerings \$2,000 - \$1,400 + Agency Fees & GST

### My preference of birthplace:

I don't have a preference, because I believe this is your birth, your body, and your choice to make! I will be more than happy to help you decide what birthplace most aligns with your birth goals, and provide information for you to make informed decisions surrounding that choice. I know that wherever you feel the safest, most at ease, and most supported, is the place that is right for you. For some people, home birth is the best option for them, and for others the hospital is the right place. I will support you no matter what you decide; it is my job to ensure you have all the information and knowledge to feel empowered in your decision-making.

### Ethos in my practice:

I trust birth and seek to provide inclusive, informed support in order to ensure you have all the tools and resources you need to make informed decisions and consent. As a doula, my role begins with education, information, and physical and emotional support, however my work expands beyond that. I want you to feel empowered in your decisions, find care providers that you trust and feel supported by, and have a truly beautiful birth experience. I bring calm energy, humour, and steady, unwavering support to the birth space. I will help you find trust in your body and in birth if you do not feel it already, and will fully support any way you choose to birth. I will be a fierce advocate for you and hold space for you in whatever capacity you need.

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## Prenatal Care

- I offer 2-3 prenatal sessions in person, either in your home, at a park or in a cozy cafe:
  - In our visits, we will go over the physiological birth process, the beauty in non-linear labour progression, interventions spanning from small talk in the room to inductions and c-sections, preparing your body and mind for labour, comfort measures, postpartum planning, and what your plans are for feeding. We'll chat about what you know about birth, what you're bringing with you in this pregnancy, any fears you have, and what your ideal support looks like.
- I am not here to take over from the other support people you have with you, only to add to the team and provide continuity of care. I will help support you as well as your partner (if applicable), allowing for them to take breaks to nourish and hydrate themselves, take naps, and ultimately ensure continuous support in the marathon that is labour. I also offer an ear for your partners concerns, eyes to look to for reassurance, and a shoulder to lean on in times of overwhelm. I help with suggestions and tools for partners to use in order to feel confident in their support, and I love to watch the bond that so often deepens as a result of the amazing thing that you are doing together. I take care of the environment, for example, dimming lights, setting up candles, running the bath, and playing music, so your partner can focus on you.
- If I am to be your sole birth partner, we will be a team, and I will be there with you every step of the way.
- I offer unlimited phone, text, and email support from the moment of hire until two months postpartum, and am on call with a backup from 35 weeks until the birth of your baby.
- I provide access to tailored pregnancy, labour, and birth resources in order to reduce the overwhelm that comes from a mass Google search.
- Complimentary TENS machine and pads
- Complimentary Brood colostrum collection kit.
- Includes Brood's Family Membership, with access to our 5 online courses, virtual private Clubhouse, and the member's area.
- We'll go over postpartum meal planning, breast/chest-feeding, restorative sleep, support and visitors after birth, and postpartum mental and physical health.

## Birth Attendance

- On-call support 24/7 beginning at 35 weeks until two months postpartum
- Continuous labour and birth support in whatever capacity you need; whether it means dropping by for an hour at the start of labour to ease your mind and sit with you, meeting you at the hospital at the start of an induction process, or joining you in active labour because you've felt great with only your partner throughout the early stages, I will meet you where and when you need.
- Access to essential oils, LED candles and fairy lights, TENS machine, acupressure combs, and a rebozo
- Guidance with comfort measures, massage techniques, movement and position changes, hydrotherapy, visualization, mindfulness, and breathing.
- Support any pain relief options that align with you.
- 1-2 hours of immediate postpartum support, helping with facilitating the breast crawl, first latch, and settling you and your baby in for some restorative sleep and skin-to-skin.

## Postpartum Support

- 1 or 2 postpartum visits in person within the first two months postpartum →A space to debrief your birth, ask questions, and share your experience with someone who has been with you throughout your pregnancy and birth journey -
  - I ask about your postpartum support to see if there's anything you're needing or missing that I can help you with, and chat about what you're doing to care for yourself
- Unlimited phone, text, and email support for the first two months postpartum, and referrals to community support and care if needed