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Kim's Detailed Birth Doula Offerings \$1,900 - \$1,400+ Agency Fees & GST

My preference of birthplace:

My preferred birth place would be where you are delivering. I have been Doula'ing primarily at Women's hospital for many years and I know the staff well, but am familiar with all other hospitals in the lower mainland. I usually do not go to Lions Gate hospital because of the traffic, specifically me getting onto the North Shore, (but I would attend). So I am open to all birth places home or hospital.

Ethos in my practice:

This is your labor and delivery! I do not have a preference where or how you deliver, I have had many traditions, ceremonial or rituals, I just need space to look after you because I am always focused on how I can help you and your partner (if there is one) get through the most important day of your life. This is my challenge and I am happy to help anyone that wants my care. I am a Doula because I know I can give people, needed and special attention, that they probably do not even know they will need or want. I understand labor and post partum very well, as I have experienced labor, myself four times. I had a cesarean section and three VBACs, I understand the turns labor can take and post partum changes your routine in every way unimaginable. Emotions are going to take a dip, from the birth and then into your post partum time they may plummet. The first year as a parent will be filled with firsts, it is so important to have trusted people helping you through this special time in your life. The saying "It takes a Village" has such meaning in this time of your life.

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Prenatal Care

My focus has always been preparing the birthing person, with as much information, to be prepared for labor. Information and tricks that will make your labor shorter, because we need your baby in 'the' most ideal position! This does not always happen, but we will try. I am always available for giving more information, but I do not give advise, that is for your Care Provider.

- Complimentary meet & greet.
- 2 - 3 prenatal sessions, both in person or virtual.
- Text and phone support, as needed, from hiring to 3 weeks postpartum.
- Curated evidence-based and trauma-informed digital Birthing Resource Packet.
- My information documents with specific birth tricks, affirmations document, and a birth plan document, to help you make your perfect birthing scenario.
- Personalized referrals to community services.
- Includes Brood's Family Membership, with access to our 5 online courses, virtual private clubhouse, and the member's area.
- Complimentary Brood colostrum collection kit.

Postpartum Support

I love postpartum, mind you I love birth! Both at the same time is difficult for a Doula to commit to. I do love to come to your home and allow you to ask any and all questions, that have popped up in your home. I know that a full 3 - 4 hours can take care of many questions people have. Then support for several weeks to ask questions, is always available by text, telephone call or email inquiry.

- Two postpartum sessions (2 - 3 hours), with a focus on feeding and baby care support.
- Support in streamlining new family routines.
- Connection to various support groups, peer-led groups and specific resources such as counselling and lactation consultants if needed.

Birth Attendance

- Labor is different with every different person and every different baby. Each labor is different and yet the same result baby, hopefully, I have experienced sad deliveries also. Whether your baby is in a good position or not! I am very focused to use all of my birth tricks, acupressure or position changes, there are many. Early labor should be in the comfort of your home, and I am not needed when you have a partner. I am happy to help the partner (any time during the day or overnight) by texting with me and taking instruction, to best help you to work hard during the day and then when to help you to relax in early labour into the evening.
- When your body gets more active, I will come to you and do whatever it takes to get you fully dilated and more active or to help ease the pain. It sounds a bit wishy-washy, but each person and each new baby will bring a different labor.
- 24/7 on-call support from 36 weeks until the birth of your baby.
- Continuous in-person support throughout labor and until 1-2 hours after birth.
- After your birth, I assist with your first feed, and newborn care support, and make sure that baby and new parent(s) are fed and cozy.
- Comfort measures such as use of Rebozo and TENS machine, acupressure, massage, position changes for labor and pushing.
- Support to you stay at home as long as possible, before going to the hospital (if you are having a home birth)
- First feed, latching, and newborn care support.