

brood

Samantha's Detailed Birth Doula Offerings \$1,200 + Agency Fees & GST

My preference of birthplace:

I don't have a specific preference! However, I'm more than happy to assist you in making a well-informed decision on where you'd like to give birth.

Ethos in my practice:

I take great pride in delivering only the highest quality, evidence-based care to each and every one of my clients. But here's the thing: I firmly believe that delivering this kind of care with gentleness, empathy, care, and trust is just as important as the quality of the care itself. Rest assured that I'll approach your journey with the utmost tenderness and understanding. Because providing top-notch care is important, but doing so with heart is what sets me apart.

Prenatal Care

- 2 prenatal sessions, both in person or virtual.
 - These consultations are a chance for us to get to know each other. It also gives you a chance to ask any questions you may have about my services.
- We will discuss your pregnancy and review your birth plan and preferences. I will ask you about your expectations, goals, and visions for your dream birth.
- We will go over labor prep, as well as comfort measures and techniques.
- Postpartum planning support.
- Extra prenatal visits can be made available upon request
- Text and phone support, as needed.
 - I encourage you to contact me with any questions or concerns you may have.
 - I also require that you inform me about meetings with your care provider – to stay up to date with all of the details regarding your pregnancy.
- One custom prenatal facial.
 - Which includes manual extractions, intensive hydration, and 10 minutes of face, neck, and shoulder massage.
 - Done by a licensed aesthetician in the comfort of your home or at Devi Family Wellness.
- 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.

Birth Attendance

- 24/7 on-call support from 36 weeks until the birth of your baby.
- Continuous in-person support throughout labor.
 - You may contact me at any time during the day/night if you believe you are in labor, need information, or have a question.
 - Use of pain relief including a TENS machine, acupressure, and aromatherapy.
 - Dedicated support for the birthing person (and support team) during active labor and birth (at home or in the hospital), including the use of various comfort measures such as massage, aromatherapy, breathing & relaxation techniques, positioning, and more.
- Immediate postpartum support.
 - 1-3 hours after the birth, until you are comfortable and your newborn family is ready for some quiet time together.
 - During this time, I can help you with establishing a nursing relationship

Postpartum Support

- 2 postpartum sessions, in your home or hospital.
 - The first is within a few days after the birth, the second visit can be made anytime during the postpartum period (lasting 1 – 2 hours).
 - We may talk about your birthing experience, life with a newborn, babywearing, referrals to community resources, or anything else that your family may need.
- One custom postpartum facial.
 - Which includes manual extractions, intensive hydration, and 10 minutes of face, neck, and shoulder massage.
 - Done by a licensed aesthetician in the comfort of your home or at Devi Family Wellness.
- Text and phone support, as needed, throughout your fourth trimester.