

brood

Nikia's Detailed Birth Doula Offerings \$1,200 - \$900 + Agency Fees & GST

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

My preference of birthplace:

I truly can't say I have a preference for where you birth, as it is best for you to decide where you will feel the most safe and supported while in labour. I am happy to support you in any space and to help you decide what that space may look like and what is crucial for you to have around you. Regardless of your choice, I will be doing my best to manipulate the environment to benefit you and your birth experience.

Ethos in my practice:

I think that Doula care is about giving everyone the chance to steer their experiences the best they can, through foundational education, and emotional, physical and spiritual support. I believe that everyone should have someone with them, in a Doula position throughout any major life transition, to answer questions, address fears, celebrate the wins and hold space for the hard times. I personalize integrated support to the needs of my client and their families and am focused on building your confidence as a parent while also providing that extra set of hands that is always needed.

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Prenatal Care

- 2 (or more) prenatal meetings in person, virtual or combined:
 - These are so we can connect, so I can hear your knowledge, provide my own and create a foundational relationship that we will draw on throughout our time together.
 - We will discuss everything from your desired birth outcome, barriers you may be facing, concerns moving forward, and what we can and cannot affect.
 - I am happy to include anyone you would like in these prenatal visits, whether that be a partner, other labour support, parent, or previous children. Having another person with you during these meetings allows other questions and perspectives to be brought forward, and means that you will not be the only one holding all the information we discuss.
- Unlimited support (text/call and email) for other questions, desires, and fears, that may come up after or before our prenatal sessions.
- Planning for postpartum including help accessing services such as meal trains/kits, diaper/housekeeping/cleaning services and Brood Postpartum support (with myself if I am available, or another Brood Doula)
- Support from start to finish: via phone, text, email.
- Access to a lending library of birth and newborn preparation books.
- 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.
- Access to myself and my tools including TENS machine, massage tools, counterpressure, digital camera for photos, Bluetooth speaker, lights and more.
- Support for position changes, and pathways to pain management from physical to pharmaceutical, through breathing techniques, guided meditation, shower/bath support, movement and more.
- Information as needed on interventions/complications and how they align with your birth wishes.
- Postpartum support in the hospital to establish feeding, and basic newborn care, and address the comfort needs of you and your support.

Postpartum Support

- 1 or 2 postpartum visits, based on your needs, in person preferred but available virtually as well (usually 2-4 hours).
 - This is a place for us to 'debrief' the birth, address any lingering questions or concerns and provide any additional information regarding birth outcome and procedures.
- Support with providing newborn care such as diapering, feeding, sleep safety, care seat safety, baby wearing etc.
- Check-ins for your mental health, postpartum support systems, self-care postpartum and goals for yourself.
- Assistance in accessing postpartum resources, practitioner recommendations and further postpartum support shifts if needed
- Phone, text and email support until after your 6-week appointment.