

brood

Yaosca's Detailed Birth Doula Offerings \$1,300\$ - 800\$+ Agency Fees & GST

My preference of birthplace:

I have no preference. Whether we stay in your home, go to a birth centre, or a hospital, I will work with you and your person/people to make the space reflect your birth plan as closely as possible. My aim is to help you feel calm, safe, confident, and in control of your labour and birthing experience.

Ethos in my practice:

I want you to be able to look back on your prenatal and birthing experience fondly! I aim to help you feel confident during your experience, to encourage you to remain flexible to changes that may happen during labour and to be generous with yourself. During our prenatal sessions together, I strive to listen to you and your birth partner(s)/helper(s) closely. I seek to understand what peoples' roles will be during labour and birth, and how I can best support you and your person/people emotionally, physically, and spiritually.

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Prenatal Care

- 24/7 on-call text, phone call, and email support starting from date of hire.
- 1-2 prenatal visits.
 - I prefer to meet in person as I find it easier to get to know each other this way and develop a stronger connection. If meeting in person is not possible, I am flexible and can meet online.
 - Our visits are a chance to get to know each other better and for me to understand what kind of support you are seeking. They are also a chance to ask questions, air concerns or worries you may have, and to share experiences relevant to your prenatal and birthing journey.
 - Our visits are also a chance to discuss what's called a birth plan. This is less so a rigid plan of how your birth will go, and more so a guide that can give you, your birth helper(s), care team, and I a bird's eye view of your ideal birthing situation. Our conversation will cover different aspects of the birth and labour experience, including your preferences for pain management, and who (if anyone) will be present and what their roles will be.
 - During our visits, we will also talk about tools and techniques that can help you realize your ideal birth situation.
 - If this applies to you, I encourage any partner(s) or helper(s) like family members or friends to join us, especially if they will be present at your child's birth! Part of supporting you means supporting your circle of care. Their questions and/or goals gives me a better idea of the kind of emotional, physical, and spiritual help to offer.
- Postpartum planning support.
- Access to birth-related handouts, packing lists, birth preference resources, articles, relaxation and birth story podcasts, local resources list.
- Complimentary Brood colostrum collection kit.
- Access to the Brood Family portal full of other valuable resources.

Birth Attendance

- 24/7 on-call support from 36 weeks until the birth of your baby.
- Continuous labour and birth support. If you think you are in labour, please call me even if you don't need me yet. I can answer questions and make suggestions over the phone. I will come to you when you feel you need my help. I will come with you when you decide to go to the hospital, in consultation with your caregiver.
- Access to my doula supplies, which includes a birth ball, rebozo, heat and cooling pads, massage supplies, a fan, diversions (cards, fidget toys, etc), and more. :)
- Guidance for physical and emotional comfort including movement, massage, affirmations, and breathing techniques.
- Photos and/or videos of your labour and birth experience.
- Communication and support regarding your birth wishes including, but not limited to, accessing pain relief options.
- If you are having a scheduled c-section, I will be with you at the hospital leading up to the birth.
- If it can be arranged with the hospital staff and you want me there, I will support you in the operating room. If this cannot be arranged, I'll wait for you in the lounge. I'll join you in the recovery room once you request me.
- Support with first feed basics and help you settle into recovery.

Postpartum Support

- 24/7 on-call text, phone call, and email support for the first 6 weeks postpartum.
- I'll stay with you for 1-2 hours after your baby is born. If you have a c-section, I can stay with you 3-4 hours to help you settle into your recovery room.
- 1-2 postnatal visits in the first 3 weeks of your baby's birth.
 - Our visits are a chance to process your labour and birth, process how you and your family are adjusting to your roles, and ask any questions.
 - We can also discuss basic newborn support such as feeding, diapering, sleep, and what you might expect in the first 6 weeks postpartum. I can also help you seek out postpartum resources if you need them.
- Assistance seeking postpartum resources, if needed.
- Written birth story (upon request) I will prepare and deliver this to you during one of our visits. This is my thank you for inviting me to attend your birth.