

brood

Kristy's Detailed Birth Doula Offerings \$1,650 - \$1,050 + Agency Fees & GST

My preference of birthplace:

My only preference is wherever YOU feel the safest and most supported! Wherever you decide, whether in hospital, a birth centre, or at home, we will work together to make the space feel calm, cozy, and supportive.

Ethos in my practice:

I believe in the power of language and hold myself accountable to always upholding a non-judgemental and inclusive space for all folks and family structures. I recognize that pregnancy and birth are nuanced experiences that feel different for everybody and I am committed to holding space and nourishing the full spectrum of feelings that may come up for you. I believe "nourishment" takes many shapes; food, herbal medicine, bodywork, laughter, and deep reflection are all tools that nourish. I believe in building deep connections with my clients and their families and in creating a trusting relationship.

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Prenatal Care

- 2 prenatal sessions – offered in-person or virtually, will cover the:
 - Getting to know you, your care team, and the details of your pregnancy.
 - Childbirth education, expectations, and fears.
 - Learning about comfort measures, birthing positions, and creating a tool kit & birth plan.
 - Postpartum planning.
- Text, phone, and email support as needed until 6 weeks postpartum.
 - Curated bundles of evidence based & trauma informed resources as needed.
 - Personalized referrals to community services.
- Partner(s) and other members of your support team are welcome to join!
 - Working together we can align our strengths to best support you as a team.
- 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 onward.
- Continuous one-on-one care, from early labour until 2 hours after birth, this support looks like:
 - Supporting you in rest, helping you find your rhythm, and keeping you fed and hydrated.
 - Hands on supportive movements, positions, and acupressure.
 - Use of a TENS machine.
 - First feed and newborn care support.
 - Basic birth photography and videos (if desired) to capture all of the sweetness.

Postpartum Support

- 2 in-person visits postpartum focusing on:
 - Life with your newborn and basic newborn care –feeding, diapering, sleep, baby wearing, and what to expect in the first few weeks of life.
 - Ways to support your healing.
 - Debriefing your birth.
 - Receiving my care through nourishment, help around your home, pet care, time for a quiet bath, whatever it is that you need in the moment!
- Support check-in for your entire family unit
 - Chatting about the ways you can all be best supported during this time.
- Unlimited text, phone, and email support for your first 6 weeks postpartum.
- Tailored postpartum resources and community referrals if needed.