

Student Doula

Labour and Birth Support Package

\$407

Designed to ensure the mother-to-be is supported throughout Pregnancy, Birth and Beyond.

- A prenatal visit during your pregnancy to discuss your birth preferences, pain management options, active birth positions and any desires and fears you may have.
 - Accompanying you to one of your prenatal appointments.
 - Phone and email support.
 - Physical and emotional labour and birth support until your baby is safely tucked up in your arms and you are happily resting.
 - Support should the need for a caesarean arise before your due date.
 - A postnatal visit to discuss your birth experience and support you with self-care, newborn care and breastfeeding.
- ☺ I have a current Working with Vulnerable Children / People Card.
- ☺ The package can be tailored to meet your individual or family needs!