



Menu of Services

Basic Doula Services Package \$325

- Two prenatal visits near 32 and 36 weeks to assess your needs and desires for birth, define and understand our expectations of one another, and provide you with useful tools for labor and birth
- Birth preferences assistance to help you clarify your preferences for birth and explain the options that are available to you
- Access to lending library of books and videos of pregnancy, birth and baby care, to support your learning
- Continuous physical, emotional, and informational support to you and your partner for the duration of labor and birth, to help the you hold and move towards the vision you created for your baby's birth
- Initial breastfeeding support immediately after birth to help your baby latch on properly and encourage establishment of breastfeeding
- One postpartum follow-up visit to celebrate the birth of your baby and answer any questions you have within 5 days of your baby's birth.
- Unlimited phone, text and e-mail support to answer your questions and offer suggestions and support throughout pregnancy, early labor, and 2 weeks postpartum

Enhanced Doula Services Package \$450

- Three prenatal visits near 32, 36, and 38 weeks to assess your needs and desires for birth, define and understand our expectations of one another, and provide you with useful tools for labor and birth. If you are still awaiting the arrival of your baby on your due date, we can arrange a special prenatal visit on that date to offer additional encouragement and support.
- Birth preferences assistance to help you clarify your preferences for birth and explain the options that are available to you
- Access to lending library of books and videos of pregnancy, birth and baby care, to support your learning
- Continuous physical, emotional, and informational support to you and your partner for the duration of labor and birth, to help the you hold and move towards the vision you created for your baby's birth
- Initial breastfeeding support immediately after birth to help your baby latch on properly and encourage establishment of breastfeeding
- Two postpartum follow-up visits to celebrate the birth of your baby and answer any questions you have within 5 days of your baby's birth and again two weeks after birth.
- Unlimited phone, text and e-mail support to answer your questions and offer suggestions and support throughout pregnancy, early labor, and 4 weeks postpartum

Premium Doula Services Package \$600

- Three prenatal visits near 32, 36, and 38 weeks to assess your needs and desires for birth, define and understand our expectations of one another, and provide you



Confluence Birth Works, LLC

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with useful tools for labor and birth. If you are still awaiting the arrival of your baby on your due date, we can arrange a special prenatal visit on that date, and every 4 days postdate to offer additional encouragement and support.

- Doula companionship to one prenatal OBGYN or Midwife appointment of your choosing
- Birth preferences assistance to help you clarify your preferences for birth and explain the options that are available to you
- Access to lending library of books and videos of pregnancy, birth and baby care, to support your learning
- Continuous physical, emotional, and informational support to you and your partner for the duration of labor and birth, to help the you hold and move towards the vision you created for your baby's birth
- Initial breastfeeding support immediately after birth to help your baby latch on properly and encourage establishment of breastfeeding
- Three postpartum follow-up visits to celebrate the birth of your baby, answer any questions you have about baby and postpartum, and to offer maternal support within 5 days of your baby's birth, two weeks after birth, and again between 4 and 6 weeks after baby's birth.
- Unlimited phone, text and e-mail support to answer your questions and offer suggestions and support throughout pregnancy, early labor, and 4 weeks postpartum
- One 60 minute Prenatal Massage with Christi Thomas at GJ Therapy Works
- Four 45-minute Prenatal Coaching Sessions to address concerns around pregnancy, birth, and parenting, and create a plan of action to support the various transitions that occur with the birth of a child
- Babywearing education, instruction, and support
- Cloth diaper education, instruction, and support
- Every Premium Doula Package includes a \$50 Love Offering towards doula services to support a difficult diagnosis birth or bereaved mother at no cost to their family.

Additional Services

- 60 minute Prenatal Massage with Christi Thomas at GJ Therapy Works \$65
- Transition-Into-Parenting Life Coaching – 4-1 hour sessions by phone available over the course of baby's first year - \$200
- Love Offering towards doula service to support a difficult diagnosis birth or a bereaved mother \$_____

Special Offers for Special Families

Active duty military personnel, veterans, first responders and their birth partners as well as mothers giving birth after a previous loss will receive the following special rates:

Basic Doula Services Package **\$295**
Enhanced Doula Services Package **\$400**
Premium Doula Services Package **\$550**