

# Little Miracles

## DOULA SERVICES

SUPPORTING FAMILIES, ONE MIRACLE AT A TIME



### Service Descriptions & Price List

**Private In-Home or Virtual Classes:** Prepare for your labor, delivery, and postpartum periods with private in-home or virtual classes for your support team up to 10 people. Classes include Childbirth Education and Newborn and Postpartum Care. Classes starting at \$250

**Birthing Guidance:** Receive warmth, comfort, and physical and emotional support during your labor and birth. Doula will remain with you through labor and birth, providing appropriate comfort measures, reassurance, and doing everything reasonably possible to help achieve your birth desires. Packages starting at \$1,000/birth (virtual \$750/birth)

**Benefits of a birth doula include:**

- drastically reduced risk of cesarean section
- reduced rates of interventions like Pitocin, vacuum, and forceps deliveries
- increased satisfaction with the entire birth experience
- better APGAR scores
- increased breastfeeding and bonding
- reduced rates of postpartum depression and other mood disorders

**Essentials Birth Package (\$1,000) Includes:**

- Interview
- Prenatal Visits (2)
- Birth Plan Creation
- Review Birth Plan
- Phone Support
- Text Support
- Email Support
- On-call starting at 37 weeks
- Continuous Support during Active Labor, Birth, and Immediate Postpartum Period
- Photos of Labor and Birth (upon request)
- Breastfeeding Education
- Initial Feeding Support
- Postpartum Visit
- Back-up Doula
- Professional Referrals (as needed)
- Postpartum Doula Service Discount



### Premium Birth Package (\$1,250) Includes:

- Interview
- Prenatal Visits (2)
- Birth Plan Creation
- Review Birth Plan
- Phone Support
- Text Support
- Email Support
- On-call starting at 37 weeks
- Continuous Labor and Birth Support (**whenever you're ready**)
- Support During Immediate Postpartum Period
- Photos of Labor and Birth (upon request)
- Breastfeeding Education
- Initial Feeding Support
- Postpartum Visit
- Back-up Doula
- Professional Referrals (as needed)
- Postpartum Doula Service Discount
- Childbirth Education Class Series
- TENS Unit Rental (drug-free pain relief)
- Pregnancy Basket with Books, Blanket, Resources, and Gifts



### Absolute Birth Package (\$2,000) Includes:

- Interview
- Prenatal Visits (3)
- Birth Plan Creation
- Review Birth Plan
- Phone Support
- Text Support
- Email Support
- On-call starting at contract signing
- Continuous Labor and Birth Support (**whenever you're ready**)
- Support During Immediate Postpartum Period
- Photos of Labor and Birth (upon request)
- Breastfeeding Education
- Initial Feeding Support
- Postpartum Visits (3)
- Back-up Doula
- Professional Referrals (as needed)
- Postpartum Doula Service Discount
- Childbirth Education Class Series
- Newborn and Postpartum Care Class Series
- TENS Unit Rental (drug-free pain relief)
- Pregnancy Basket with Books, Blanket, Resources, and Gifts
- Postpartum Basket with Postpartum Care Necessities
- Postpartum Plan Creation



**Postpartum Support:** Adjust to your new life and expanding family with an extra set of hands to help, ears to listen, and a heart that cares. Benefit from emotional support, breastfeeding support, sibling care, household organization, and much more. Packages starting at \$120/3 hours

- Interview
- Create Postpartum Plan
- Review Postpartum Plan
- Listen to Birth Story
- Listen to Concerns
- Answer Questions
- Provide Resources
- Professional Referrals (as needed)
- Offer Parents:
  - Rest by Caring for Baby
  - Rest by Providing Sibling Care
  - Time with Siblings by Caring for Baby
- Teach Parents How to:
  - Handle Newborn Baby
  - Diaper Baby
  - Sponge Bathe Baby
  - Bathe Baby
  - Swaddle Baby
  - Sooth Baby
  - Take Baby's Temperature
- Teach Parents:
  - Infant Massage
  - Umbilical Cord Stump Care
  - Circumcision Care (when applicable)
- Teach Parents About:
  - Safe Sleep and Sudden Infant Death Syndrome
  - Car Seat Safety
  - Infant Cues
  - Breastfeeding Latch and Positions
  - Engorgement and Hand Expression
  - Nutrition for Breastfeeding Moms
  - Special Breastfeeding Situations
  - Pain Management and Lochia
  - Involution and Afterpains
  - Constipation and Hemorrhoids
  - Perineal Care
  - Emotions and Postpartum Mood and Anxiety Disorders
  - Cesarean Birth Recovery
  - Newborn Sleep and Senses
  - Newborn Safety
  - Newborn Dressing and Nail Care
  - Infant Development
  - Importance of Breastfeeding
  - How Mother's Body Produces Milk
  - Nipple Care and Nipple Types



- Teach Parents About:
  - Blocked Ducts and Mastitis
  - Expressing Milk and Milk Storage
  - Fatigue, Rest and Nutrition
  - Menstrual Cycles and Sex after Birth
  - Body Changes after Birth and Exercise
  - Exercising after Cesarean Birth
- Teach Parents:
  - Postpartum Exercises
  - How to Simplify the First Month
  - Warning Signs for Baby
  - Warning Signs for Mother
- Light Meal Preparation
- Prepare Snacks for Mom
- Prepare Snacks for Siblings
- Light Grocery Shopping
- Light Laundry
- Pick Up Medication from Pharmacy
- Assist with Breastfeeding Latch and Positions
- Breastfeeding Log
- Edinburgh Postnatal Depression Scale
- Postpartum Promise
- Postpartum basket with Postpartum Care Necessities



**Nursery Organization:** Envision your baby's nursery aesthetically designed and organized with safety and functionality in mind. Receive assistance with light furniture construction and furniture placement and supplies organization. Starting at \$200/4 hours

**Virtual Doula:** Receive warmth, comfort, and physical and emotional support virtually during your labor and birth. Doula will provide a virtual prenatal and postpartum visit and virtual labor support. Doula will give your family a labor support box before the onset of labor including: TENS unit, battery-operated candles, stress balls, tennis balls, knee pads, fan, lip-balm, comfort measures cards, intervention cards, affirmation cards. Starting at \$750

**Mommy's Celebration:** Celebrate the gift of motherhood with your friends and family at a private postpartum party. Relax and bond with baby as your loved ones tidy your home. Next, enjoy food and drinks as Little Miracles Doula Services captures memories you'll treasure for a lifetime. Starting at \$500

