



Doula Support Packages  
Valid for deposits paid between  
1st Jan – 30<sup>th</sup> November 2019

**\*Basic Birth Package\***

Usually starting after 32 weeks gestation often subsequent birthing families who are great communicators. Who have invested in other preparation methods and often families who have used a doula before or for planning a family centred scheduled caesarean surgery. This package will not be accepted for first time parents or previous birth trauma families unless certain circumstances are met.

Ante-natal

1 home visit at about 3hrs. Email and phone communications  
Birthing plan and preparation.

Birth

24/7 phone, email and SMS access from 38 weeks, until 1 week after baby is born. 2 weeks either side of due date.

Established labour support at home and/or in the hospital leaving only, after the first feed when you are settled.

Postnatal

1 visits up to 2 hrs within the first week. Plus on call phone support for up to 1 week

Current Fee for this package is **\$1500** unless otherwise discussed *for up to 10 hours of Birth attendance. Then charged at \$40 per hour there after*  
Additional Car Parking Fees apply.

**Add on options**

- \* Pregnancy massage in clinic - \$60 Save \$20
- \* Placenta Encapsulation \$290 Delivered back with your postnatal visit.
- \* Hypno Relaxed birthing program \$450 Save \$145 (In clinic over 3 sessions or in your home over two sessions. These are combined with your birth prenatal sessions)
- \* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap - \$390 (when performed at the final postnatal visit)
- \* Belly Binding including belly wrap - \$190 (when performed at the final visit)

Plus other special client prices on other services



## ***\*Informed Birth Package\****

Usually starting after 32 weeks gestation often subsequent births, not first time parents unless undertaken additional private birth education classes and/or a form of hypno education classes like calm birth or other.

### Pre-natal + Post-natal

3 home visit at up to 2 hrs each. Your choice to use 2 for pre or post Birthing plan, preparation and pregnancy calendar, Birth debriefing, breastfeeding support etc... Plus 24/7 phone support for the first week bub is born

### Birth

24/7 phone, email and SMS access from 38 weeks, until 1 week after baby is born. 2 weeks either side of guess date.

Established labour support at home and/or in the hospital leaving only, after the first feed when you are settled. *Untimed birth support*

Current Fee for this package is **\$1950** unless otherwise discussed

## **Add on options**

- \* Pregnancy massage in clinic - \$60 Save \$20
- \* Placenta Encapsulation 10% off (Delivered back with your postnatal visit)
- \* Hypno Relaxed birthing program \$450 Save \$145 (In clinic over 3 sessions or in your home over two sessions. These are combined with your birth prenatal sessions)
- \* Back up Doula - \$400, with ph interview \$50 – meeting in person \$100
- \* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap - \$350 (when performed at the final postnatal visit) Save \$50
- \* Belly Binding including belly wrap - \$180 (when performed at the final visit)
- \* Additional Postnatal Support Special package prices

Plus other special client prices on other services



## **\*CONTINUITY PACKAGE\***

Usually starting after 32 weeks gestation

### Ante-natal

3 home visit at up to 2 hrs each.

Birthing plan, preparation/education pregnancy calendar, parenting preparation.

### Birth

24/7 phone, email and SMS access from 38 weeks gestation, until 1 week after baby is born.

Early and Established birth support at home and/or in the hospital leaving only, after the first feed when you are settled. *Untimed birth support*

### Postnatal

1 visits up to 2 hrs within the first week. Plus phone support for up to 2 weeks

Includes birth debriefing, settling baby cues, sibling integration and more

### Also includes...

\* 1 free Massage in clinic

Current Fee for this package is **\$2450** unless otherwise discussed

### **Add on options**

\* Pregnancy massage in clinic - \$60

\* Placenta Encapsulation capsules \$250 and Tincture \$100

\* Back up Doula \$300 with 'no cost' phone interview (normally\$50) or in person meeting \$100 (normally \$200)

\* Hypno Relaxed birthing program \$395 Save \$200 (2 visits with 2 pre-natals plus 1 extra)

\* Belly Casting \$100

\* Infant Massage introductory lesson \$75 includes workbook and oil

\* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap - \$300 (when performed at the final postnatal visit) Save \$100

\* Belly Binding including belly wrap - \$160 (when performed at the final visit)

Plus other special client prices on other services



## **\*Birth Bliss Package\***

Usually starting after 24 weeks gestation

### Ante-natal

3 home visit at up to 2 hrs.

Birthing plan, preparation and pregnancy calendar, coaching and fear debriefing.

### Birth

24/7 phone, email and SMS access from 38 weeks, until 1 week after baby is born. 2 weeks either side of due date.

Early and Established birth support at home and/or in the hospital leaving only, after the first feed when you are settled. *Untimed birth support*

### Postnatal

2 visits up to 2 hrs within the first 6 weeks. Plus phone support for up to 1 weeks

Includes birth debriefing, organising, settling baby cues, sibling integration, introduction into infant massage and more

### Also includes...

\* 1 free Massage in clinic

Current Fee for this package is **\$2950** unless otherwise discussed

### **Add on options**

- \* Back up Doula – Cost \$200, includes 'no cost' in person meeting (save \$200)
- \* Additional Postnatal Support Service Packages 10% off
- \* Infant massage lessons includes oil (and workbook) \$50 Save \$130
- \* Pregnancy massage in clinic - \$50 Save \$30
- \* Placenta Encapsulation 25% off total cost
- \* Hypno Relaxed birthing program \$395 Save \$200 (In clinic over 3 sessions or in your home over two sessions. These are combined with your birth prenatal sessions)
- \* Belly Casting \$100
- \* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap - \$250 (when performed at the final postnatal visit) Save \$150
- \* Belly Binding including belly wrap - \$150 (when performed at the final visit)

Plus other special client prices on other services



## **\*Perfect Wellness Package\***

Usually starting after 24 weeks gestation

### Pre-natal

3 home visit at up to 2.5hrs.

Birthing plan, preparation and pregnancy calendar, coaching and fear debriefing.

### Birth

24/7 phone, email and SMS access from 38 weeks, until 1 week after baby is born. 2 weeks either side of due date.

Early and Established birth support at home and/or in the hospital leaving only, after the first feed when you are settled. *Untimed birth support*

### Postnatal

3 visits up to 3hrs within the first 6 weeks. Plus phone support for up to 3 months

Includes birth debriefing, light house tidying, meal preparation, settling baby cues, feeding support and more.

### Also includes...

- \* 1 x free Monthly Pregnancy Massages in clinic
- \* Back up Doula with meeting
- \* Hypnobirthing program or meditation program
- \* Private Childbirth Preparation group workshop
- \* Infant massage lesson includes oil (and workbook) Save \$180

Prenatal and postnatal sessions may be swapped around.

Current Fee for this package is **\$4250** unless otherwise discussed

### **Add on options**

- \* Pregnancy massage in clinic - \$50 (beyond the one free per month)
- \* Belly Casting \$100
- \* Placenta Encapsulation – Capsules \$150(save \$145)
- \* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap \$150 (when performed at the final postnatal visit) Save \$250
- \* Belly Binding including belly wrap - \$100 (when performed at the second or final visit)
- \* Mobile postnatal Family Massage \$250 (save \$100)  
(1hr mum, 1hr dad, 30 mins intro to infant massage lesson)

Plus other special client prices on other services



## ***\*I NEED YOU NOW package\****

For when you are up to 24 hours before the birth or in labour

Last Minute -Not booked In support

### Birth only

'Suddenly' you decide you really want the hands of an experienced, trained Doula and the gifted hands of a massage therapist, with her bag of goodies to help you get through and focus on a positive birth outcome.

### Includes:

Emotional, physical and practical birth support until your baby is born

A medical jargon interpreter

Support until breastfeeding is established and you are settled as a new family.

1 x Post birth visit for debriefing to help you process the experience.

For Hospital or Home births, natural or surgical or last decision c-section

Current Fee for this package is **\$1250** for up to 10 hours birth support and \$55pr hr there after  
Additional Car Parking Fees may apply

### **Add on options**

- \* Placenta Encapsulation - \$275
- \* Infant massage 10% off
- \* Postnatal Womb Sealing/Strengthening Ceremony and Belly Binding, including belly wrap \$350 (when performed at the final postnatal visit) Save \$50
- \* Belly Binding including belly wrap - \$180 (when performed at the final visit)
- \* Mobile postnatal Family Massage \$250  
(1hr mum, 1hr dad, 30 mins intro to infant massage class)

Plus other special client prices on other services

\*This is the only time where the birth attendance is the fee



\*\*\*These lower prices apply for multiple services combined\*\*\*

### **Basic Pregnancy package - 5 Visits**

Can start as early as 13 weeks Gestation if requested

From help with light house tidy and organising, nursery shopping know how and appointments to entertaining younger children, attending birth ed classes, massage, relaxing or just getting out! Role support plan and more.....

What is it that you are requiring extra assistance with? If I am unable to assist I can find you someone who can!

- Birth mapping assistance, information and education for the upcoming event and beyond. only available at the 2 hour visit pricing.

**\$250** for a 2hr visit

OR

Up to 4 visits up to 3 hours each for \$995 in total                      Save \$505

*\*Coupled with BB Birth Doula Support*

*\$700 for 10 hours of support over 2 -5 visits                      Save \$525*

### **Basic Postnatal Package – 4 Visits**

Can start as early as when you are still in the hospital can be later towards 6 weeks after birth...

Help with settling your baby, breastfeeding options and techniques, bonding, and tips for siblings. Debriefing of the birth, help u get back to the swing of things with house maintenance, rest time for mum, debriefing for dad and more...

*'I cook a meal for you and your family as well when 4 or more hours are booked'*

What is it that you think you need? Nurturing? Encouragement? Challenging? Supporting? Planning? Information? Parenting Skills? Organisation? Cooking? Tidying? Sleep? Healing?

1-4 hrs @ \$75 ph

5-9 hrs @ \$55 ph

10-14 hrs @\$45 ph

15+ hrs @ \$40 ph

Casual bookings @ \$250 for min 3 hours and works on the above sliding scale

OR

4 visits @ 3 hours each      (total 12 hrs)                      Total \$900      Save \$100

*\*Coupled with Basic Doula Support                      Total **\$800** for 12 hours over 2 – 3 visits      Save \$150*

**OVERNIGHT support from 7pm until 7am FROM \$550 then hourly rate applies**



**Separate additional 1hr hypnosis sessions \$135**  
*Morning sickness, pain, fear, just to experience, etc...*

### **Hypno-Relaxed Birthing Classes**

Preferably started in the 2<sup>nd</sup> Trimester (from 24 weeks) \*partner Inclusive\*

These are private classes in the comfort of your own home (additional fees apply per location) or in Clinic Bentleigh East, using Partner inclusive and self-Hypnosis techniques.

Would you like to relax through the stages of birthing? How about getting the most amazing nights sleep? Still be alert but relaxed and in a peaceful state!

Get the basics of relaxation, visualisation, guided meditations, for the ultimate in a state of being in control within yourself for as long as you choose.

**\$595** for 4 x 1.5 hour sessions

Includes Guided meditation CD's and information leaflets and scripts for you and your partner to use at home.

### **Hypno-Relaxed Birthing Complete Preparation**

Preferably started in the 2<sup>nd</sup> Trimester (from 24 weeks)

\*partner Inclusive and 1 x separate session each\*

These are private classes in the comfort of your own home using well known and newly developed techniques in Hypnosis, NLP (Neuro Linguistic Programming) and Time Line Therapy or matrix therapies.

Would you like to let go of all anxiety or fear for your new birthing journey and beyond?

Get in touch with you and your baby?

Allow this transition in your life to transform you in so many positive ways... New emotional beginnings and outlooks on life.

Hypno-Relaxed Birth Preparation of up to 6 x 2hr sessions in your home or in clinic.

**\$1950**

The package also includes phone appointments as well to guide you through when you need it! Reading material and Guided Meditation CD's

**Including:** Birth debriefing after your birth experience. Most people often disregard the necessity to talk about their journey and have someone listen whole heartedly to both mum and dad



## **Additional resources available from us**

- Extensive reading material
- Birth education dvds
- Yoga ball loan
- TENS hire
- Available Electric double Breast pump hire
- Tricks in the doula bag such as heat packs, sarongs, aromatherapy, etc...

### **Please note:**

***The support and preparation time put into this can greatly influence the outcomes. Please choose your package according to the amount of preparation you would like to invest. We can only support you as much as you are informed and able to make active decisions together. If you feel we haven't covered enough in the times we have spent together, please consider adding another session or so in.***

***December –January Guess dates incur a \$350 additional support fee. Previous years has seen me inundated with couples wanting support at this time and to be fair to everyone this fee has been placed to keep service at a high level of quality rather than offering no service at all. Thank you for your understanding and acceptance.***