

LABOR PACKAGES

ESSENTIAL LABOR DOULA PACKAGE \$1500

- TWO PRENATAL VISITS
 - ASSESS YOUR NEEDS AND DESIRES FOR BIRTH
 - DEFINE AND UNDERSTAND OUR EXPECTATIONS OF ONE ANOTHER
 - PROVIDE YOU WITH USEFUL TOOLS FOR LABOR AND BIRTH
 - PRENATAL COACHING/EDUCATION
 - PLANNING FOR BIRTH, WRITTEN WISHES, ECT
 - PRENATAL SUPPORT BY EMAIL & PHONE
 - ACCESS TO FREE LENDING LIBRARY
- ON-CALL 24/7 STARTING 2 WEEKS PRIOR TO DUE DATE
 - CONTINUOUS PHYSICAL, EMOTIONAL, AND INFORMATIONAL SUPPORT TO YOU AND YOUR PARTNER FOR THE DURATION OF LABOR AND BIRTH
 - NON-MEDICAL PAIN/COMFORT MEASURES
 - INFORMATIONAL & EMOTIONAL ADVOCACY
 - ASSISTING WITH THE VISION YOU CREATED FOR YOUR BABY'S BIRTH
- INITIAL BREASTFEEDING SUPPORT IMMEDIATELY AFTER BIRTH TO HELP YOUR BABY LATCH ON PROPERLY AND ENCOURAGE THE ESTABLISHMENT OF BREASTFEEDING
- ONE POSTPARTUM VISIT
 - ONE-HOUR FOLLOW-UP VISIT TO CELEBRATE THE BIRTH OF YOUR BABY AND ANSWER ANY QUESTIONS YOU HAVE DURING THE EARLY POSTPARTUM PERIOD.
- UNLIMITED PHONE, TEXT, AND E-MAIL SUPPORT TO ANSWER YOUR QUESTIONS AND OFFER SUGGESTIONS AND SUPPORT THROUGHOUT PREGNANCY, EARLY LABOR, AND POSTPARTUM

POSTPARTUM PACKAGES

- 4-HOUR INCREMENTS DURING THE DAY: \$250
- 8 HOURS OVERNIGHT (10 PM-6 AM): \$400



NORTH TEXAS
BIRTHING SUPPORT, LLC

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COMPREHENSIVE DOULA PACKAGE \$2000 (\$250 SAVINGS)

- INCLUDES BASIC PACKAGE PLUS:
 - (2) TWO-HOUR EDUCATION SESSIONS
 - IN ADDITION TO, OR COMBINED WITH PRENATAL VISITS
 - CUSTOMIZED TO YOUR NEEDS
 - LACTATION SUPPORT CONSULT
 - 2-HOUR LACTATION SUPPORT VISIT
 - (2) 4-HOUR POSTPARTUM DOULA VISITS
 - CUSTOMIZED, IN-HOME BABY EDUCATION
 - NEWBORN SLEEP ASSISTANCE
 - INFORMATIONAL & EMOTIONAL ADVOCACY
 - IN-HOME BREASTFEEDING SUPPORT
 - LIGHT HOUSEKEEPING: LAUNDRY, DISHES
 - NUTRITIOUS MEAL PLANNING AND PREP
 - POSTPARTUM DEPRESSION PREVENTION
 - DEPRESSION / MOOD DISORDER CARE
 - CESAREAN RECOVERY SUPPORT
 - MULTIPLES CARE AND EDUCATION
 - SIBLING ASSISTANCE
 - USE OF ANY/ALL LENDING LIBRARY ITEMS & RESOURCES

LACTATION SUPPORT CONSULT

- 2-HOUR LACTATION SUPPORT VISIT-\$150
 - PROVIDE ENCOURAGEMENT AND EDUCATION ON LACTATION.
 - PROBLEM-SOLVING AND PRACTICAL SUPPORT TO BOTH FAMILIES AND PROFESSIONALS
 - TEACH FAMILIES TO RECOGNIZE AND SUPPORT NORMAL BREASTFEEDING
 - HELP ASSESS THE QUALITY OF FEEDING SESSIONS AND WHEN ISSUES ARISE
 - ASSIST MOTHER TO WEIGH THE BABY, BEFORE AND AFTER FEEDS
 - RECOGNIZE TONGUE-TIE AND OTHER POTENTIAL LATCHING ISSUES AND THEIR CAUSES
 - PROVIDE REFERRALS TO THE APPROPRIATE RESOURCES AS NEEDS ARISE
 - ASSIST FAMILIES WHO EXPERIENCE A NICU STAY WITH BREASTFEEDING INITIATION AND SUPPORT