



be with love

birth support...



personalized care...

multifaceted support...

for pregnancy, birth & beyond

through knowledge & skills gained from 16 years in health & wellness

what does birth support entail...



a birth support person, also known as a doula, is a professionally trained care provider that contributes to the process of birthing by way of any physical, emotional, &/or informational means.

Regardless of the particulars of the birth itself, a doula establishes and nurtures an environment of wellbeing through various customizable techniques, tools & strategies. These can include mental & emotional preparation, comfort measures (i.e., counter pressure, breath cueing, distraction tactics, guided visualizations, position prompts, etc.) imparting encouragement & moral support when appropriate and dispensing an assortment of information (i.e., guidance on signs & symptoms in early & active labour, when to contact providers, etc.).

In addition a doula can also be a guide for partners in their supportive process (regardless of knowledge base). Therefore, doula's are a wonderful means to set a solid foundation, helping to equip you with the most informed, and empowering birth experience possible. While at the same time standing by your side as a grounding pillar of calm throughout intensities of birth and holding space through all the trials of such a wondrously beautiful yet incredibly challenging momentous life event.

reasons to consider birth support...

- desire for an unmedicated/epidural-free birth or judgement free pain management
- have a planned cesarean (offerings extend beyond labour & delivery!)
- want guidance & an extra presence for you and your partner
(helpful in reducing pressure; no expectations to be a birthing expert!)
- nervous or fearful of birth
- want assistance in navigating pregnancy, birth, and postpartum
- desire an intentional enlivening birth experience no matter the method of birth



what is included in birth support services...

- **one prenatal** visit (information exchange, birth planning, opportunity to discuss questions &/or concerns)
- **prenatal support** via text/email leading up to birth (addressing concerns, answering questions, information sharing, referral suggestions)
- **continuous support throughout active labour & delivery** (in person physical, mental & emotional support no matter the time of day)
- **one postnatal** visit (check in, share point, time for addressing any questions or concerns)

rate... **\$1250**

additional options...

*fees based on 12 hours of labour & delivery support, additional fees may apply
*acupuncture receipts can be made available for insurance purposes

- + **one prenatal acupuncture** session
- + **one postnatal acupuncture** session

rate... **\$1350**

- + **two prenatal acupuncture** sessions
- + **two postnatal acupuncture** sessions

rate... **\$1450**

evidence in support of doulas...

- 52.9% ↓ risk of cesarean & 57.5% ↓ risk of postpartum depression/anxiety (Falconi et al., 2022)
- correlated with ↓ frequency of epidural use, ↑ rates of breastfeeding (Sobczak et al., 2023)
- may ↓ peripartum anxiety & lead to more positive outlooks (Sobczak et al., 2023)
- continuous support is associated with improved birth experiences, however familiarity and the degree of comfort with the support person tend to be influencing factors (Lunda et al., 2018)



✧It is **important to note** that hiring a doula **CANNOT guarantee outcomes or ensure natural birthing processes**. And even though there are many advantages, such as having an advocate or an informed calm presence in attendance, pregnancy & birthing is incredibly marvelous yet intimate process that deserves a great deal of consideration with choosing care providers. An element of achieving the greatest benefits comes down to the most appropriate fit. Therefore it is good to take your time, follow your process & then let your instincts guide you!

References

Falconi, A. M., Bromfield, S. G., Tang, T., Malloy, D., Blanco, D., Disciglio, S., Winnie, C. (2022). Doula care across the maternity care continuum and impact on maternal health: Evaluation of doula programs across three states using propensity score matching. eClinical Medicine. 50:101531. doi:10.1016/j.eclim.2022.101531.
Lunda, P., Minnie, S. C., Benade, P. (2018). Women's experience of continuous support during childbirth: a meta-synthesis. BMC Pregnancy and Childbirth. 18:167. doi:10.1186/s12884-018-1755-8
Sobczak, A., Taylor, L., Solomon, S., Ho, J., Kemper, S., Phillips, B., K Jacobson, K., Castellano, C., Jacobs, R. J. (2023). The Effect of Doulas on Maternal and Birth Outcomes: A Scoping Review. Cureus. 15(5). e39451. doi:10.7759/cureus.39451