



Birth Support

personalized care...

for pregnancy, birth & beyond



multifaceted support...

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.).

Doulas also aid partners in their supportive process (regardless of their knowledge base). Essentially, they set the foundation for the most informed, and empowering birth experience possible. And work to stand as a grounding pillar of calm throughout all of birth's intensities while holding space for such a 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, tip sharing, answering questions, informational support, 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

*fees based on 12 hours of labour & delivery support, additional fees may apply

*acupuncture receipts can be made available for insurance purposes

additonal options...

- + • one prenatal acupuncture session
- one postnatal acupuncture session

rate... \$1350

- + • two prenatal acupuncture session
- two postnatal acupuncture session

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, birth workers do not take this role lightly and highly appreciate the marvelous & intimate nature of pregnancy & birthing. Therefore finding the most appropriate fit is a critical component of achieving the greatest benefits.