

## Virtual Birth Support Packages

### **Grand Virtual Mothering Experience**

\$800 Investment

This support package includes:

- Intimate childbirth experience course
- 1 initial virtual consultation - You will learn more about our services and get to know each other better!
- 1 birth planning session - We will discuss comfort measures, how your partner can support you holistically, how to prepare and determine your necessities for labor, and encourage confidence.
- 1 postpartum planning session-discuss plan of action after childbirth, how to recover naturally, and how partner or support team can support you
- 24/7 on-call phone support 2 weeks prior to due date
- Weekly prenatal calls- Addressing any questions and/or concerns with prenatal care, nutrition, and how prepare for labor/birth
- 2 weeks of 24/7 on-call phone support postpartum
- 1 postpartum call - Addressing any questions and/or concerns with newborn care, breastfeeding, self-care, birth story experience, and how your partner or loved-one can support you.
- Access to online Mother's Support Group
- Unlimited Online Evidence Based Articles
- Emotional and mental support during pregnancy and birth

## **Basic Virtual Mothering Experience**

**\$600 Investment**

- 1 initial consultation - You will learn more about our services and get to know each other better!
- 1 birth planning session - We will discuss comfort measures, how your partner can support you holistically, how to prepare and determine your necessities for labor, and encourage confidence.
- 24/7 on-call phone support 2 weeks prior to due date
- Monthly prenatal calls- Addressing any questions and/or concerns with prenatal care, nutrition, and how prepare for labor/birth
- 1 weeks of 24/7 on-call phone support postpartum
- 1 postpartum call - Addressing any questions and/or concerns with newborn care, breastfeeding, self-care, birth story experience, and how your partner or loved-one can support you.
- Access to online Mother's Support Group
- Unlimited Online Evidence Based Articles
- Emotional and mental support during pregnancy and birth

"So how do I start the process?"

I'm glad you asked! Let me break it down the process step-by-step...

Step 1:

Fill out the client intake form

<https://form.jotform.com/82217127456153>

Step 2:

We will get your form in our email and either email you back or call you within 1-2 business days (usually much sooner tbh)

Step 3:

Tell us what you need and how we can help!

Step 4:

We will send you our contract and an invoice. Just sign and pay the deposit amount!

Step 5:

We will send you a doula ASAP!

Step 6:

Enjoy the peace of mind that comes from having a professional and compassionate doula help you!