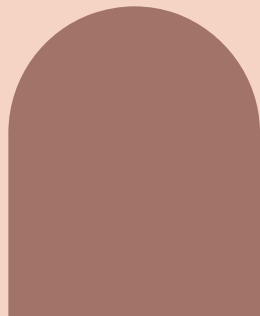


POSTPARTUM DOULA

2 personalized, in-home 4 hour visits in the first 6 weeks after childbirth. Addresses mental, physical and psychological changes to the mind and body after birth.

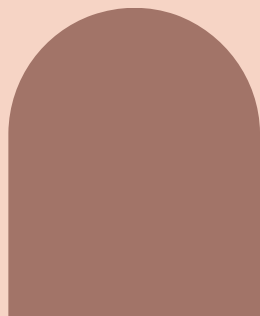
\$30/hr



BIRTH DOULA

2 prenatal appointments, a tailored birth plan, & personalized care during labor and childbirth. Includes labor positions, pain management techniques and comfort measures for an empowered birth.

\$750



BREASTFEEDING COUNSELING

1 in-home visit within 1 year postpartum to address common issues in breastfeeding such as latch, supply concerns, positions, flange measurement, pain, pumping, weaning & more.

\$100