



Agape Doula Services



BASIC BIRTH DOULA SUPPORT PACKAGE

- **24/7 phone consultations**
- **Informational Support Tailored to Your Specific Needs**
 1. By phone
 2. By e-mail or postal mail
- **2 prenatal visits (2 hours)**
 1. In the comfort of your home, we will start working on a birth plan for you and your baby. (Since supporting you will most likely start in your home, I would like to know where you live before you are in labor)
 2. Attend a prenatal visit with you to meet your healthcare provider and to discuss your specific birth plan requests.
- **Labor support**
 1. Phone support during early labor
 2. Constant support once you request that I join you. (Your choice of home, hospital or birthing center)
 3. Early postpartum care; I can help with initiating nursing, if desired.
- **1 Postpartum Visit (1 week after birth)**

ADDITIONAL SERVICES AVAILABLE

- Postpartum Doula support
- Writing a Birth Plan (Individual/workshop)
- Labor Preparation (Individual/workshop)
- Comfort Measures for Labor (Individual/workshop)

My services/support can change depending on the specific needs of your family.