

## Services

**Prenatal Services** - postpartum education, planning, meal prep, nursery prep, newborn care education, breastfeeding education, etc.

- \$30/hour
- 2 hour minimum purchase

**Postpartum Doula** - taking care of mom and baby in whatever way is most helpful on that day. Nourishing meals brought to mom in bed, keeping baby for a short time so mom can rest/shower/etc, birth story processing, active listening, newborn care education, babywearing help, etc.

- \$30/hour
- 4 hour minimum purchase
- Postpartum care package included with purchase of 20+ hours

## Other services

**Late evening Postpartum Doula** - \$150/4-hr shift from 8pm-12am

\*\*Perfect for letting mom and dad both get a good 4-hr stretch of sleep.

**Sunrise Postpartum Doula** - \$150/4-hr shift from 5am-9am

\*\*Perfect for letting mom and dad both get a good 4-hr stretch of sleep in the morning!

**Mommy + Me First Outing** - \$30/hr + expenses

\*\*I will join you on your first outing with baby (good for moms with a toddler, too!). We'll go over what to bring and not bring in a diaper bag, using the car seat and stroller, baby wearing while out, nursing in public, etc. (Mom must drive - I cannot drive clients.)

**Cloth diapering tutorial** - \$50 (or can be part of a 2+ hr prenatal services purchase or 4+ hr postpartum doula purchase)

\*\*1 hr session, 1-on-1 (or with your partner). I'll show you the basic types of cloth diapers that are available, give tips on caring for them, and give some recommendations.

**1-on-1 Breastfeeding Support** - \$30/hr (this is an exception to the 2 hour minimum purchase)

(breastfeeding support is included during postpartum doula shifts as needed; this option is for those who need support outside of shifts or who didn't purchase postpartum hours)

*Cloth diapering tutorial, newborn care session, and breastfeeding support also available virtually.*

## FAQs

***How much do your services cost?***

*Services are available for \$30 per hour with a minimum of either 2 hours for prenatal or 4 hours for postpartum. We can customize packages to meet your individual needs. Just contact me to discuss!*

***Do you do payment plans? Is a deposit required?***

*Once you decide on how many hours you'd like to purchase, I will send you a contract. When you sign the contract, a 50% deposit is due. When services begin, I will send*

you an invoice at the beginning of the week for 50% of the hours. So, you pay the first 50% up front and the second 50% weekly until all your hours are used up.

*Example:* You sign a contract for 20 postpartum hours. The total cost is \$600. You pay \$300 at the time of signing the contract. You schedule 4 hours of services each week for five weeks. At the beginning of each week, you pay \$60.

*\*\*Important:* I am not able to come to appointments that have not been paid for in advance. I am happy to send reminders up until the day before, but if no payment is received by the day before the appointment that appointment will be canceled and you will owe a \$25 cancellation fee. Thank you for understanding. \*\*

**Why do you require a 50% deposit?**

Since I only schedule 1 or 2 clients per month, this “saves your place” on my calendar. If no deposit is paid, another prospective client could sneak in and grab your spot! Pay your deposit on time to avoid this. :)

**Do you offer any sliding scale rates or discounts/scholarships?**

Yes, but only for residents of DeLand. Contact me to see if you qualify and if there are any spots available. I do not offer my services for free, but can offer sliding scale rates.

**How long do you stay for each shift?**

I'm flexible, but my preference is 2 hours for prenatal appointments and 4 hours for postpartum. I find these stretches allow you to get the most bang for your buck. I cannot come for less than 1 hour for prenatal and less than 2 hours for postpartum appointments.

**How much time do I have to use the hours I purchase?**

Services are intended to be used within 6 after birth for singletons, 12 weeks for twins. There may be some flexibility depending on my availability.

**How do I schedule time with you?**

Since I no longer do packages, appointments are first-come-first-served based on my availability. You will receive a link to a booking calendar where you can book specific services and see the days and times I am available up to a month in advance. I will not accept more than 2 clients per month, and I'll give you a preview of my tentative availability before you make any payments. It's best to book as soon as possible since my schedule tends to fill up quickly. I require a minimum of 3 days notice, with the exception of the first postpartum visit if you'd like me to be there when you get home from the hospital or soon after.

**How far do you drive?**

My current range that I am able to serve is within a 20 minute drive of my address in DeLand (use Freedom Playground for reference or contact me to check). No exceptions - I will be happy to refer you to other postpartum doulas if you are further than that.

**Can we chat before we make a decision?**

Of course! I offer a free 30 minute consultation for anyone interested in my services.