

Kazue Birth Sister Offerings

Email: hello@kazuebirthsister.com | Phone: 503-964-1902

Prenatal & Birth Support

As your Birth Sister, I am committed to the nurturance and evolution of self so that I can show up fully and intentionally throughout your pregnancy, birth and postpartum journey. Everybody is immensely different in their desires, expressions and comfortability. I will meet you where you are at in support of what you envision for a positive, informed and empowering pregnancy, birth and postpartum experience. Centering the birthing person's desires by way of conversation and informed consent is of focus as we address any fears or concerns with the birth team. Through loving conversation and connection, we will nurture relationships with self and baby through mindful awareness, stillness, nutrition, movement and breathwork. Support may include, but not limited to:

- Continuous support throughout labor and birth
- Conversation around any fears or concerns
- Whole food nutrition counseling
- Exploration of comfort measures and birthing positions
- Sharing of evidence-based information
- Referrals to local practitioners and support
- Home preparation for baby

Prenatal & Birth Offerings

Yai Offering \$1600

1. On-Call 24/7 Beginning at 37 Weeks
2. Open Access Communication via Phone & Text
3. 3 Prenatal Visits
4. Labor & Birth Support
5. 3 Postpartum Visits
6. 1 Virtual Postpartum Support Appointment
7. Infant Feeding Counseling
8. Connection to Local Support and Resources
9. Birth, Postpartum & Lactation Resources & Literature

Millie Offering \$1100
1. On-Call 24/7 Beginning at 37 Weeks 2. Open Access Communication via Phone or Text 3. 2 Prenatal Visits 4. Labor & Birth Support 5. 1 In-Person Postpartum Visit (within 3 days of birth) 6. 1 Virtual Postpartum Appointment 7. Infant Feeding Counseling 8. Connection to Local Support and Resources 9. Birth, Postpartum & Lactation Resources & Literature
Shirley Offering \$3200
1. 3 In-Person Prenatal Visits 2. Labor and Birth Support 3. 4 Daytime In-Person Postpartum Support Visits 4. 2 Overnight Support Visits (8 hours per overnight visit) 5. On-Call 24/7 Beginning at 37 Weeks 6. Open Access Communication via Phone or Text 7. Infant Feeding Support 8. Connection to Local Support & Resources 9. Birth, Postpartum & Lactation Resources/Materials 10. Herbal Offerings (Yoni steam, sitz bath, infusions, etc.)

Postpartum Offerings
Overnight Support \$45 per hour
1. 2 Virtual Prenatal Appointments 2. 1 Daytime In-Person Postpartum Support Visit 3. 4 Overnight Support Visits (8 hours per overnight visit) 4. On-Call 24/7 Beginning at 37 Weeks 5. Open Access Communication via Phone or Text 6. Infant Feeding Support 7. Connection to Local Support & Resources 8. Birth, Postpartum & Lactation Resources/Materials 9. Herbal Offerings (Yoni steam, sitz bath, infusions, etc.)

Postpartum support will center the needs of the birthing person and partner in creating an environment of minimal stress with plenty of positivity and encouragement. Support may include, but not limited to:

- Lactation counseling
- Support with emotional and physical healing
- Light housekeeping, pet care, running errands
- Cooking nutritious meals
- Herbal suggestions
- Newborn care
- Help integrate family
- Referrals to local resources and support

Additional Postpartum Offerings

1. Daytime Support (minimum of 4 hours) | \$30/hour
2. Overnight Support | Starting at \$300
3. Nutritious Postpartum Meals | \$44-77

Meal Offerings

Pricing:

Option 1: 3 items include one menu item from each section. \$44

Option 2: 6 items include two menu items from each section. \$77

Section 1 - Soothing Teas:

1. Cinnamon Hibiscus Ginger
2. Honey Lemon Ginger Turmeric
3. Chamomile Lavender Lemon Balm

*Herbal infusions also available

Section 2 - Inner Warmth:

1. Chicken Bone Broth - simmered w/ kombu, shiitake, ginger, shallot
2. Chicken Bone Broth Ramen - fresh noodles, miso-sautéed cabbage,

carrot, shrimp

3. Chickpea Curry Stew - turmeric, ginger, greens, garlic flakes
4. Miso Salmon Bento - Japanese rice, pickled veggies, sautéed greens, miso soup
5. Miyeokguk (Korean seaweed soup) - beef, seaweed, garlic, sesame
6. Lasagna - saucy lentils, cashew cream, mushrooms, spinach

Section 3 - Sweet Treats

1. Almond Goji Cookies
2. Dark Chocolate and Seasonal Fruits
3. Banana Nut Bread

My vision is that all who are seeking birth and/or postpartum support will have access- free of barriers. Please don't hesitate to connect with me. Let's arrange something that works for the both of us ~