Expecting(nyc) Doula Services Overview

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Doula services overview:

1. **Birth Preparation**: One Birth Preparation home visit (around 32 weeks) to develop your birth preferences and to offer you a comprehensive, evidence-based understanding of the birth process and questions to ask your care provider. We also teach you mindfulness-based coping techniques and curate resources and referrals specific to you.

1. **Postpartum Preparation:** one Postpartum preparation visit (around 36 weeks) together; we will delve into the postpartum preparation for taking care of a newborn and your postpartum recovery. We teach you about newborn feeding cues, typical feeding patterns, and sleep cycles. We help you identify your needs for that time so you can recruit the right help from family, friends, or hired services.

On-call support from 38 weeks until you give birth, approximately 30 days for each client.

- Unlimited phone/email contact in pregnancy and immediate postpartum
- Includes backup doula support available for you from 36 weeks, in the event of preterm labor

Birth support

- Support through all phases of labor
- Early baby feeding support

Postpartum Visit:

Will include baby feeding support, curated referrals, household organization, newborn care advice, and emotional support.

Fee for Service:

$3,400
includes; 1-2 prenatal home visits, 30 days on-call support, birth, and one postpartum visit.

Due to the Covid-19 global health crisis:

We offer virtual support, as needed, before, during, and after birth.

Payment schedule:

50% due at contract signing, 50% due by 36 weeks

Additional services:

Massage therapy

You can **add prenatal/postpartum massage therapy sessions** as needed—home visit rate: $350 for 60 minutes.

Package discounts are available. All in-home clients are encouraged to purchase a massage table.

General Information

Outline of support services:

- Mindfulness-based coping techniques
- Individualized childbirth and postpartum preparation
- Unlimited phone/email contact in pregnancy and immediate postpartum
- On-call support from 38 weeks until you give birth, we set aside 30 days for each client, we have backup support available for you from 36 weeks.
- Emotional, physical, and spiritual support
- Immediate postpartum nursing support
- At least one postpartum visit in your home
    - Will include continued baby feeding support for the first two weeks postpartum.

What does a Doula do?

A doula adheres to their Scope of Practice, which allows us to provide physical comfort, emotional support, and education to women throughout pregnancy, childbirth, and early postpartum. Doulas do not perform clinical tasks, such as taking blood pressure, checking fetal heart rates, or performing vaginal exams. Additionally, we do not make medical decisions for you, but we help you receive information to make an informed medical decision. We help you understand the birth process so you and your partner can go into the process feeling engaged, prepared, and fully present.

Expecting(nyc) Doula support:

We strive to create a collaborative relationship with our clients. Together, we prepare for the birth and the postpartum time. Our approach is specific to each client. Our goal is to help you understand the birth process, facilitate clear expectations and understanding with your birth team through evidence-based practice, mindfulness, and an open heart.

What happens when I go into labor?

Please call your doula when you think you are in labor, even if you do not yet need support. Your doula can form a complete picture of your labor progress and make our arrangements for your care. We can answer questions and make suggestions over the phone. Together, we will decide if you need immediate assistance or if we should wait for further changes in your labor progress. Approximately two hours is required to get to you from the time you ask us to support you. At this time, we will decide where to meet, at your home or place of birth.

What happens after the baby is born?

Your doula will remain with you for one to two hours, depending on how long it takes you and your baby to get situated and comfortable. We help you initiate the baby's first latch and/or uninterrupted skin-to-skin contact with your baby. When your doula leaves, it is to allow your new family to have quiet time and bond together before being transferred to your postpartum room.

How does on-call support work?
We begin the on-call period at 38 weeks, although your doula is within a 2-hour range from NYC, from 36 weeks gestation, if you go into preterm labor. If you think you are in labor, you must call rather than email or text. Your doula will remain with you throughout your labor, in person and virtually via phone/facetime. However, in the event of an exceptionally long birth (more than 24 hours), a backup doula may be called in to support you.

Can I pick the doula I want at my birth?

Most likely, the doula you hired will be at your birth, but due to the unpredictable nature of childbirth, we sometimes have to send in a backup doula. We will make sure you have the opportunity to meet all the doulas on the team if you wish. We guarantee to have backup doula support available so we can offer you the most comprehensive support for your pregnancy, birth, and postpartum time.

Opportunity for Additional Support:

Would you like to have an additional apprentice doula attend your birth in addition to your primary doula free of charge? Having an additional doula can provide extra support directly to you and provide logistical and other assistance to your primary doula and your partner.

Apprentice doulas can also help provide childcare during a home birth. Please let us know if you're interested in this opportunity.

Questions?
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