

Dear Doula

BIRTH & LABOR SUPPORT

Birth & Labor Support

Designed to hold every phase: your pregnancy, the birth itself, and the tender days right after. Here is everything that comes with walking this road together.

The Birth & Labor Package

\$2,222

EVERYTHING INCLUDED

- Full email, text, and phone support from the moment we begin, through birth and beyond
- Three prenatal visits
- On call from 37 to 42 weeks, until you give birth
- Immediate postpartum support
- The Zen to Begin Welcome Kit
- Two postpartum visits

A sliding scale is available for those who need it. If cost is the only thing in the way, please reach out.

How it works

Getting to know you

Our first meeting is a relaxed conversation over coffee or tea, about an hour. It's a chance to get to know each other and talk through what you're hoping for. There's no obligation, and this first meeting is always free.

Prenatal meetings

Once we decide to work together, we meet in your home so we can go deeper. We cover your questions, comfort techniques, preparation, creative ritual, nourishing food, and more. Each visit runs two to three hours, with a little homework in between.

Labor support

I go on call at 37 weeks and stay on call until your baby arrives. When labor begins, I'm there on short notice. What that support looks like is yours to shape: physical comfort, informational support, breastfeeding help, and steady advocacy between you and your care team.

READY WHEN YOU ARE

Let's talk over tea.

The best place to start is a relaxed conversation. Tell me where you are in your journey, and we'll find the right way for me to support you.

[Book a virtual tea](#) or hello@deardoula.love