

FULL PREGNANCY BIRTH MENTORING & DOULA PACKAGE

Full Doula Services

The Full Pregnancy Birth Mentor/Doula Package includes:

- ❖ Accessibility to your Birth Mentor for phone, email and text support during pregnancy.
- ❖ Explanation of birthing options
- ❖ References to pregnancy and birth resources
- ❖ 1 ½ hour private Birth Preparation sessions with support people, including [*What Every Woman Should Know & What Every Helper Should Know*](#) and [*Birthing Better Birth Preparation*](#) (birth positions and comfort measures)
 - 3 sessions if contracted by 27 weeks
 - 2 sessions if contracted after 32 weeks
 - 1 session if contracted after 36 weeks
- ❖ Support for your decisions
- ❖ Doula on-call for birth (2 weeks before *and* after estimated due date)
- ❖ Access to phone support during early labor (before contractions become consistent)
- ❖ Arrival of doula within 1 – 2 hours of being requested depending on location
- ❖ Continuous in-person labor support once active labor begins
- ❖ Efforts to facilitate a comfortable labor environment, while also supporting efforts of family support people
- ❖ Continued support for 1 - 2 hours after the baby's birth
- ❖ New mom renewal session and postpartum visit to your home within five (5) days of your baby's birth:
 - Assistance with breastfeeding
 - Support for any questions you may have about your birth and the care of your newborn
 - Mother pampering with touch & relaxation techniques that aid in postpartum healing and prepare her postpartum body for belly wrapping (about 45 min)
 - Demonstration of how to carry a newborn in the front using the baby wrap
 - Belly wrapping with demonstration

The fee for the Full Pregnancy Package: [\\$1200](#)

Note: The fee is the same for long labors, short labors and cesarean sections where additional support may be needed for recovery, bonding, and breastfeeding.

TRAVEL

Travel fees are included for the Chicago South Suburbs: Chicago Heights, Glenwood, Steger, Thornton, Lansing, Homewood, Olympia Fields, Flossmoor, University Park, Hazel Crest, South Holland, Crete, Park Forest, Richton Park, Harvey, Country Club Hills, Calumet City, Matteson, Dolton, and Markham.

Travel fees are added for locations more than 10 miles outside of Chicago Heights at the rate of \$0.50 per mile, round trip. As applicable, travel fees shall be charged for each prenatal and postpartum visit. There is no travel fee incurred for labor support at the hospital on the day of the birth.

EXCEPTIONS

It is the client’s responsibility to contact the doula when labor begins. Should the client or partner/support person not inform the doula when labor begins and/or the mother has a birth that occurs within 2 hours of the time the doula is called, the doula will retain the full fee.

Should the doula miss the birth as a result of failing to report to the birth within the designated time frame, the one half of the fee will be refunded to the client for failure to attend the birth. The remainder of the fee shall be retained for other services provided by the doula.

FULL PREGNANCY PACKAGE GENERAL PAY SCHEDULE

FULL PREGNANCY CONTRACT INITIATION	<input type="checkbox"/> DOWN PAYMENT	20 weeks	27 weeks	36 weeks*	TOTAL
1st Trimester 1st week to the end of 12th week	\$300	\$300	\$300	\$300	\$1200
2nd Trimester 13th week to the end of 26th week	\$500		\$350	\$350	\$1200
3rd Trimester** 27th week to the end of 35th week	\$600			\$600	\$1200

The down payment reserves the client’s estimated due date and the two weeks before and after on-call weeks on the calendar.

*to be deposited/withdrawn after the birth

** If contracted after 36 weeks, full \$1200 fee is required

Note: For all services (birth mentoring, labor, postpartum services) the client is also responsible to pay for any parking fees incurred at the client’s home or the hospital during labor and birth. These fees will be billed within 14 days of the delivery date.