

# Little Miracles

DOULA SERVICES

SUPPORTING FAMILIES. ONE MIRACLE AT A TIME



## Service Descriptions & Price List

**Virtual On-Demand Classes:** Prepare for your labor, delivery, and postpartum periods with virtual classes whenever you want them. Classes include various topics covering Childbirth Education and Newborn and Postpartum Care. Classes starting at \$65; Bundles starting at \$110.

**Live In-Person & Virtual Classes:** Prepare for your labor, delivery, and postpartum periods with live in-person or virtual classes. Classes include various topics covering Childbirth Education and Newborn and Postpartum Care. Classes starting at \$250; Bundles starting at \$350.

**Private In-Home Classes:** Prepare for your labor, delivery, and postpartum periods with private in-home classes. Classes include hands-on Childbirth Education and Newborn and Postpartum Care. Classes starting at \$350.

**Birthing Guidance:** Receive warmth, comfort, and physical and emotional support during your labor and birth. Doula will remain with you through labor and birth, providing appropriate comfort measures, reassurance, and doing everything reasonably possible to help achieve your birth desires.

### Benefits of a birth doula include:

- drastically reduced risk of cesarean section
- reduced rates of interventions like Pitocin, vacuum, and forceps deliveries
- increased satisfaction with the entire birth experience
- better APGAR scores
- increased breastfeeding and bonding
- reduced rates of postpartum depression and other mood disorders

### Birth Package (\$1,750) Includes:

- Interview
- Prenatal Visits (3)
- Birth Plan Creation or Review
- Phone, Text, and Email Support
- On-call starting at 37 weeks
- Continuous Labor and Birth Support
- Support During Immediate Postpartum Period
- Photos of Labor and Birth (upon request)



- Breastfeeding Education and Support
- Initial Feeding Support
- Postpartum Visits (3)
- Back-up Doula
- Professional Referrals (as needed)
- Discounted Childbirth Education and Newborn and Postpartum Care Classes
- Gift Certificates to Pelvic Floor Therapy (Philadelphia/Surrounding Areas), In-home Pediatric Services (Garnet Valley, PA/Surrounding Areas), and Maternity and Newborn Photography (Delaware County/Surrounding Areas)
- Spinning Babies Daily Essentials to Prepare Your Body for Birth
- Web App Access to 100+ videos, PDFs, tools, parent polls, and web links covering birth, breastfeeding, postpartum care, and newborn care

**Virtual Doula:** Receive warmth, comfort, and physical and emotional support virtually during your labor and birth. Doula will provide 2 virtual prenatal and 2 postpartum visits and virtual labor support. Doula will give your family a labor support box before the onset of labor including: TENS unit, battery-operated candles, various message tools, tennis balls, fan, lip-balm, comfort measures cards, intervention cards, affirmation cards. Starting at \$1200

**\*Travel Fee: No travel fee for less than 1 hour from 201 Bywood Ave., Upper Darby, PA.**

**Birth support for 1-1.5 hours' distance is a travel fee of \$400.**

**Travel fee for postpartum support/in-home classes for over .5-1.5 hours' distance varies depending on location and number of visits.**

**Postpartum Support:** Adjust to your new life and expanding family with an extra set of hands to help, ears to listen, and a heart that cares. Benefit from emotional support, breastfeeding support, sibling care, household organization, and much more. Packages starting at \$200/4 hours

- Interview
- Create/Review Postpartum Plan
- Listen to Birth Story
- Listen to Concerns
- Answer Questions
- Provide Resources
- Professional Referrals (as needed)
- Light Meal Preparation
- Prepare Snacks for Mom
- Prepare Snacks for Siblings
- Light Grocery Shopping
- Light Laundry
- Pick Up Medication from Pharmacy
- Assist with Breastfeeding Latch and Positions
- Breastfeeding Log
- Edinburgh Postnatal Depression Scale
- Postpartum Promise
- Postpartum basket with Postpartum Care Necessities
- Offer Parents:



- Rest by Caring for Baby
- Rest by Providing Sibling Care
- Time with Siblings by Caring for Baby
- Teach Parents How to:
  - Handle Newborn Baby
  - Diaper Baby
  - Sponge Bathe Baby
  - Bathe Baby
  - Swaddle Baby
  - Sooth Baby
  - Take Baby's Temperature
- Teach Parents:
  - Infant Massage
  - Umbilical Cord Stump Care
  - Circumcision Care (when applicable)
- Teach Parents About:
  - Safe Sleep and Sudden Infant Death Syndrome
  - Car Seat Safety
  - Infant Cues
  - Breastfeeding Latch and Positions
  - Engorgement and Hand Expression
  - Nutrition for Breastfeeding Moms
  - Special Breastfeeding Situations
  - Pain Management and Lochia
  - Involution and Afterpains
  - Constipation and Hemorrhoids
  - Perineal Care
  - Emotions and Postpartum Mood and Anxiety Disorders
  - Cesarean Birth Recovery
  - Newborn Sleep and Senses
  - Newborn Safety
  - Newborn Dressing and Nail Care
  - Infant Development
  - Importance of Breastfeeding
  - How Mother's Body Produces Milk
  - Nipple Care and Nipple Types
- Teach Parents About:
  - Blocked Ducts and Mastitis
  - Expressing Milk and Milk Storage
  - Fatigue, Rest and Nutrition
  - Menstrual Cycles and Sex after Birth
  - Body Changes after Birth and Exercise
  - Exercising after Cesarean Birth
- Teach Parents:
  - Postpartum Exercises
  - How to Simplify the First Month
  - Warning Signs for Baby
  - Warning Signs for Mother



**\*Multiples Fee: Additional \$10/hour for multiples for Postpartum Support only; no multiples fee for Birth Support.**

**Nursery Organization:** Envision your baby's nursery aesthetically designed and organized with safety and functionality in mind. Receive assistance with light furniture construction and furniture placement and supplies organization. Starting at \$250/4 hours

**Mommy's Celebration:** Celebrate the gift of motherhood with your friends and family at a private postpartum party. Relax and bond with your baby as your loved ones tidy your home. Next, enjoy food and drinks as Little Miracles Doula Services captures memories you'll treasure for a lifetime. Starting at \$750

