



Lactation & Labor Doula Services

Doula Service Packages

We will support the birthing family by:

- Assisting with preparation of birth preferences and helping birthing family communicate their preferences to their birth team
- Providing labor comfort techniques such as positions, movement, comforting touch, breathing skills, and visualization
- Providing support for the birthing woman's partner
- Providing information on birth options
- Providing evidence-based information on pregnancy, childbirth, breastfeeding and other related topics
- Coaching the partner who wants to be hands on, and offering breaks when necessary
- Focusing on the comfort of the birthing woman
- Working cooperatively with the birth team
- Helping the birthing family gain understanding in the event of complications
- Assisting with initial breastfeeding
- Preserving privacy of the birth family during the first hours of birth

Mila Birth

- 1 Prenatal Visit (3 hours)
- Labor support at hospital/birth center (unless birthing at home)

Salise Birth

- 2 Prenatal Visits (1-2 hours per visit)
- Assist with labor starting at home, then continued support at hospital/birth center (unless birthing at home)
- One Postpartum visit (2hours)

Angel Birth

- 3 Prenatal Visits (1-2hours per visit)
- Assist with labor starting at home, then continued support at hospital/birth center (unless birthing at home)
- Two Postpartum visits (2 hours per visit)

Cesarean Section Birth

- 1 Prenatal visit (2 hours)
- Arrival time 1 hour prior to your scheduled procedure
- 1 Postpartum visit (3 hours)

**Prior to your procedure please confirm with your healthcare provider if you doula can be with you during the procedure. Hospitals often only allow one support person in the operating room. Your doula will support you before and after the procedure, if not allowed in the operating room.*

Virtual Labor Doula Services

Due to COVID-19 labor doula services are available online.

Postpartum Doula Services

Families who would like to continue postpartum services after their contract has been fulfilled or families seeking postpartum services only, postpartum services are provided at an hourly rate. Consult with a Mom's Treasure Chest doula to create the perfect postpartum services plan for you and your family.