



Menu of Services

• OR "OFFERINGS" •

BASIC

2600

2 prenatal visits (approx 2 hours each) in your home or other convenient location. These visits will be focused on identifying your preferences, understanding your rights, crafting a birth plan and how to cope with labor like a gangster. On-call availability starting at 38 weeks and until you've birthed. Phone/text/email access for all the questions that keep you up at night. Continuous and unlimited labor and birth support
1 postpartum visit (approx 1 hour) in your home during the first 10 days after birth. This visit is an opportunity to check in on your physical, mental and emotional recovery, newborn feeding plans, answer any questions, listen to any feedback and admire your new baby.

NOT SO BASIC

3500

Everything you just read above....Plus:

An additional prenatal visit to explore positioning in pregnancy, in labor and in birth. Exercises/ stretches will be demonstrated, facilitated and assigned depending on your specific body and baby. We will also be incorporating the rebozo in your birth preparation.

I will also attend a prenatal OB/Midwife appointment with you. This is an opportunity to have your entire birth team meet, review birth preferences or any other time you may need a supportive presence in the room.

4 Belly Binding visits (approx 1 hour each) in your home including all materials and supplies

NOT BASIC AT ALL

5000

Everything you just read above....Plus:

3 hour private childbirth education and postpartum prep class in your home.

Motherboard Birth Planning App membership. This web-based tool enables you to easily research risks and benefits, select and share your preferences with your team.

3 month membership of Expectful Meditation App

1 prenatal visit with Dr. Grace Abruzzo, Pelvic Floor Extraordinaire

Placenta encapsulation service including delivery, capsules and art print.

Homecoming Pep Rally! I will meet you after your hospital stay to provide hands-on support as you enter your home with one more than before for the first time. Help with putting all the things you overpacked away? Making you a meal? Breastfeeding questions? Need a nap? I'm there for 3 hours to help you get settled-in however you might need.

****There is a 25% non-refundable retainer fee due at the time of booking. The remaining balance will be invoiced postpartum*
If you don't see something that works for you here please let me know and we can customize as needed ****