



Labor Doula Services and Packages

Labor Doula is a woman who mothers the mother through pregnancy, labor, birth and the immediate postpartum period. Studies have revealed that support in labor has profound benefits to the new mother, including shorter labor, less desire for pain medication, lower rate of Caesarean delivery, and more ease in initiation of breastfeeding. Fathers reported that they were more relaxed with a Doula present, because they felt reassured and therefore freer to support their mates.

A Labor Doula does not take the place of your obstetrician or midwife, and as such they do NOT diagnose medical conditions in the mother or the baby, and do not perform any medical services (e.g., taking blood pressure or doing vaginal checks).



The Labor Doulas at Hopewell Center for Perinatal Services are not lactation consultants but are educated in breastfeeding support, and have breastfed our own children. Hopewell Doulas can help you establish your breastfeeding relationship in the hour or two after birth, and are available for breastfeeding questions and support after you leave the hospital. We will refer you to a lactation consultant as appropriate.

Consultations

It is important to choose a doula you and your partner both feel comfortable with. We offer a free consultation (interview) where you can ask the doula questions about her training, experience and doula specialties. The doula will also ask you questions about what you are hoping for at your birth (labor & delivery, method/type of birth), where you are delivering and how she could tailor her skills to meet your needs.

Unique Benefits of The Hopewell Labor Doula

Shadow Doulas - women who are in pre/post doula training who shadow expert doulas (this is like getting 2 doulas for the price of one!)

Backup Doulas- The Hopewell Center has some of the area's top doulas. You will never be alone because our doulas work in a team. In most cases you will have your doula and the other doulas on staff will be available 24/7 as well.

We also have more resources and more "fringe" benefits than most doulas that have an independent practice. See our packages below for more information about these resources and benefits.

Contracting Services

To retain a doula's services, you will need to review and sign a Labor Doula Contract. A deposit is required at contract signing. All of the levels of doula services have a proposed payment plan. Plans can be flexible or a new plan with your needs in mind can be created at the time of signing the contract. The Hopewell Center accepts checks and credit cards (a small surcharge may apply). Discounts are available for widows/widowers and military families.

Hopewell Labor Doula Packages

Modern Doula Support... \$650.00

- Two 2.5-hour prenatal appointments (5 hours)
- Assistance in creating a birth plan
- Use of a Birth Ball (from 34 weeks to postpartum visit)
- Referrals to other professionals, as needed
- Lending library of reading materials and videos
- On call from 38 weeks until labor begins
- Telephone and email support (limited to 3 hrs)
- Continuous physical and emotional support throughout labor & delivery (massage, positioning, visualization, comfort)
- Assistance with photography and/or videotape
- Up to two hours of immediate postpartum and breastfeeding support
- One 1-hour postpartum visit to discuss birth (includes breastfeeding/bottle feeding assistance)
- Postpartum phone/email support for 14 days (to consult about baby, mother, parenting)

\$150.00 Deposit at contract signing, followed by payments of:
\$200.00 at 33 weeks, \$150.00 at 35 weeks, \$150.00 at 37 weeks

Relaxed and Ready Package... \$850.00

All features of *Modern Doula Support* plus these additions:

- One pre/post pregnancy massage
- Three 2-3-hour prenatal appointments (a maximum of 9 hours)
- A prenatal visit to your OB/GYN or midwife office, if desired
- Telephone and email support (limited to 5 hrs)
- On call from 37 weeks until labor begins
- Picture CD of all birth photography
- One 2-hour postpartum visit
- Postpartum phone/email support for 21 days

\$200.00 Deposit at contract signing, followed by payments of: \$200 (30 wks), \$200 (33 wks), \$150 (36 wks)

Childbearing Year Package... \$950

This package is recommended if this is your first pregnancy, if you are hiring the doula before 30 weeks, for high risk pregnancies (including, but not limited to, twins/etc, Vaginal Birth After Cesarean, pre-eclampsia/hypertension, diabetes (gestational), In Vitro pregnancy, etc....), or for any family who wants extra care and pampering throughout the end of pregnancy and after birth. This package features all of the Modern Doula Support plus these additions:

- Two pre/post pregnancy massages
- A Birth Ball for you to keep – great for postpartum recovery/fitness and soothing baby
- Herbal foot soak and hand massage at any prenatal appointment
- 15% off Hopewell Center Belly Casting session or Henna Body Art session
- Mileage Discount: \$0.35 per mile
- Three 2-3-hour prenatal appointments (a maximum of 9 hours)
- A prenatal visit to your OB/GYN or midwife office, if desired
- Unlimited telephone and email support
- On call from 37 weeks until labor begins
- Picture CD of all birth photography
- Decorative birth timeline

- One 2-hour postpartum visit
- Postpartum phone/email support for 21 days
- 15% off Hopewell Center one-day workshops and seminars for (no less than) one year. Expires on your baby's first birthday. This perk alone could save you hundreds of dollars!

\$200.00 Deposit at contract signing, followed by payments of:
 \$200.00 at 24 weeks, \$200.00 at 28 weeks, \$200.00 at 32 weeks, \$150.00 at 36 weeks

a la Carte Services and Extras

Add Massage to any doula package... \$60

Massage has many benefits, especially [during pregnancy and after birth](#). When you add a massage to any package, receive a special discount price of \$60 for a 60 minute massage (regularly priced at \$65).

Birth Ball... \$20

A Birth Ball is a great tool to get your body ready for labor and baby. It is also wonderful for postpartum fitness and soothing a fussy baby.

Herbal Foot Soak & Hand Massage... \$25

Aahhh... Our homemade foot soak soothes aching feet and ankles and allows you to relax. While your feet soak in a warm tub, the aromatherapy eases your tension. Meanwhile your doula will massage cream or oil into your hands to deepen your relaxation. You choose your scent and lotion/oil.

Decorative Birth Time-Line... \$20

This is an account of the day (or days) of your labor and delivery from your doula's perspective. It will include everything from the time you first called the doula to the moment she left the hospital. It may also include the doula's observations of the mother in labor, the relationship between the mother and her partner and the doula's opinions of the birth. Our doulas make every effort to take excellent notes during your labor and delivery and will include every little detail in the time-line. This is a beautiful memento to share with family and friends... and with your child as they grow.

Personalized HypnoBirthing (relaxation) Audio CD/Cassette... \$35

Deepen your relaxation during with a personalized audio CD. Our staff Certified HypnoTherapist will contact you to inquire about your specific concerns or areas of concentration. The CD includes guided relaxation, positive affirmations and focused relaxation with your specific fears/worries/tensions addressed. After listening to this CD during your pregnancy and while in labor/delivery, most experience a deeper sense of relaxation and a more intimate birth experience. These CD's are also available to help your relaxation postpartum.

Unlimited Mileage... \$50

Due to rising fuel costs, mileage for doula services is limited to 100 miles of travel from the consult to postpartum visit. You can save on mileage by holding your consult and one/all your prenatal meetings at our office or by purchasing our Unlimited Mileage package.

Insurance/Reimbursement Consultation... \$25/hour

Want to get reimbursed for any of the services at The Hopewell Center? This consultation will provide you with all the forms and information you need to be successful! (These consults usually last one hour.)