



DOULA

birth support

package info



**KATELYN
COMMERFORD**
Doula & NBAC Guide

my birth support packages are fully
flexible and customisable
let's chat about what you need

antenatal



*birth
support*



postnatal

I offer two standard birth support packages that I find will suit most women. However, I am always happy to alter them as needed!

My first package is a comprehensive doula service, for full support throughout pregnancy, birth and postpartum. Perfect for those who want to organise themselves with support at every stage.

My second package is ideal for those who want support through pregnancy and birth, but either need less support in postpartum or are working to a tighter budget.

with every booking:

All my packages also include:

- no-obligation meet & greet (1 hour)
- support via phone/email throughout
- a copy of The Birth Map book
- access to my doula labour tool kit
- access to my doula book library
- back up doula in case of emergency

I believe in being very transparent about my pricing, and I am more than happy to discuss it in detail and make adjustments to the inclusions to suit individual needs, including budgets.

Please let me know how I can help you be supported in birth.





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complete support

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*birth
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postnatal

3 x 2hr
antenatal visits
including creating
your birth map

on call
3wks either side of your guess date
(6wks total)

2 x 3hr
postnatal visits
including meals and
snacks at each visit

[no arbitrary limit on hours of
support provided]

This package is full and comprehensive
doula support, through pregnancy, birth
and postpartum.

Payment plans are always available.

\$2250





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*birth
support*



postnatal

3 x 2hr
antenatal visits
including creating
your birth map

on call
3wks either side of EDD
(6wks total)

[no arbitrary limit on hours of
support provided]

1 x 1.5hr
birth debrief
(to use whenever you're
ready - whether a week
postpartum or a year)

This package is full support in pregnancy and birth, as well as a birth debrief to use whenever you are ready for it. And don't forget about the inclusions listed on the front page!

Payment plans are always available.

\$1950

*I look forward to having a chance to meet with you,
hear your story, and learn how I can support you in
a beautiful birth.*

*Please feel free to contact me whichever way is
most comfortable for you.*

Katelyn Commerford
Doula and NBAC
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Contact form (linked here)

