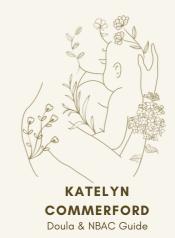


## DOULA birth support

package info



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



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.





#### DOULA birth support

complete support



COMMERFORD
Doula & NBAC Guide

arteratal

birth support

+

postratal

3 x 2hr antenatal visits including creating your birth map on call 3wks either side of your guess date (6wks total)

[no arbitrary limit on hours of support provided]

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

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

Payment plans are always available.







## DOULA birth support

birth support



KATELYN
COMMERFORD
Doula & NBAC Guide

# arteratal birth postratal support

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.



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 hello@katelynthedoula.com.au 0431 369 352 Contact form (linked here)

