



DOULA

pocket support

package info



**KATELYN
COMMERFORD**
Doula & NBAC Guide

my pocket doula packages are virtual support packages, for those outside of my area but still want to work with me



I offer two pocket doula packages that I hope will suit most women seeking virtual doula.

My first package includes antenatal support, birth support when you need it, + a birth debrief to use whenever you're ready for it. Ideal for those who want to spend some time preparing for birth, as well as making sure they have a cheerleader on speed dial for labour.

My second package is antenatal only + birth debrief, suited to those who want to do a lot of work preparing for birth but happy to birth with just people physically present, or are working to a tighter budget.

with every booking:

All my packages also include:

- no-obligation virtual meet & greet (1 hour)
- support via phone/email throughout
- a copy of The Birth Map book delivered to your door

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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package one



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antenatal



*birth
support*



debrief

3 x 2hr scheduled antenatal video calls including creating your birth map

ongoing text, whatsapp, phone calls, & email support between 8am - 8pm

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

virtual drop-in support whenever you need to hear how amazing you are or talk through anything

1 x 90min virtual birth debrief to use whenever you are ready

whether that's 1 month postpartum or 1 year

This package is such a great option for women and families who want to work with me but are outside my service area.

Payment plans are always available.

\$850





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package two



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antenatal



debrief

3 x 2hr scheduled
antenatal video calls
including creating
your birth map

ongoing text,
whatsapp, phone
calls, & email support
between 8am - 8pm

1 x 90min virtual birth
debrief to use
whenever you are ready

whether that's 1 month
postpartum or 1 year

This package is an excellent option for those
who are less interested in birth support, or
simply working to a tighter budget.

Payment plans are always available.

\$400

*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)

