



# Globebaby Doula

Birth and Postpartum Support

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# **Birth & Postpartum Support**

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## **Birth Support**

### **The Basic Birth**

*This package is not recommended for first time parents.*

*This package includes:*

- ✓ One prenatal visit
- ✓ On-going informational text, phone and email support
  - ✓ Continuity of care
  - ✓ Back-up doula
- ✓ 24-hour on-call birth support from 38 weeks gestation
  - ✓ Labour & birth support (up to 12 hours)
  - ✓ One postpartum visit

**Price: €960+**

### **The Comfy Birth**

*Because who doesn't want to feel comfy?*

*This package includes:*

- ✓ Two prenatal visits.
- ✓ On-going informational text, phone and email support
  - ✓ Continuity of care
  - ✓ Back-up doula
- ✓ 24-hour on-call birth support from 38 weeks gestation
  - ✓ Labor and birth support (up to 16 hours)
  - ✓ Two postpartum visits.

**Price: €1320+**



## **The Deluxe Birth**

*Gift yourself the education and support you most deserve.*

*This package includes:*

- ✓ Two prenatal visits.
- ✓ One online antenatal workshop of your choice - Exploring Birth, Exploring Breastfeeding, or Exploring VBAC
  - ✓ On-going informational text, phone and email support
    - ✓ Continuity of care
    - ✓ Back-up doula
- ✓ 24-hour On-call birth support from 38 weeks gestation
  - ✓ Labour & Birth Support (up to 16 hours)
    - ✓ Three postpartum visits
  - ✓ Closing the Bones Ceremony & Reiki
  - ✓ One 8-hour overnight postpartum stay

**Price: €2150+**

\* *Payment plans and discounts available for teens and lower income people/ families.*

\* *Additional hours of support at labor and birth will incur a fee of €35 per hour.*

\* *Travel expenses are added outside of a 30km radius.*



## **Cesarean Birth Support**

### **The Elective Cesarean**

*Offering you the support you deserve whether your cesarean is scheduled early on or towards the end of your pregnancy.*

- ✓ 2 Prenatal visits
- ✓ Ongoing phone/ text/ email support
- ✓ Accompanying you before, during, and after your surgery (depending on hospital policy)
- ✓ Virtual support while in hospital
- ✓ 18 hours postpartum support

**Price: €980+**

### **Upgrades**

*Life is unpredictable and because of that, we support upgrading or changing your support plan at any time during your pregnancy without incurring a fee. You will only be asked to pay the remaining balance to be automatically upgraded.*

*\* Payment plans and discounts available for teens and lower income people/ families.*

*\* Travel expenses are added outside of a 30km radius.*



## **VBAC Birth Support**

***Is vaginal birth after cesarean birth possible? Yes, it absolutely is. Let me support you on your journey.***

- ✓ 3x prenatal visits
- ✓ 1 private online VBAC workshop personalized to your needs/ preferences
  - ✓ Continuity of Care
- ✓ 24-hour on-call support from 38 weeks gestation
  - ✓ Ongoing phone/ text/ email support
  - ✓ Labour & Birth support (up to 16 hours)
  - ✓ 2x postpartum visits

**Price: €1750+**

*\* Payment plans and discounts available for teens and lower income people/ families.*

*\* Additional hours of support at labor and birth will incur a fee of €35 per hour.*

*\* Travel expenses are added outside of a 30km radius.*



## **Postpartum Support**

### **10-Hour Day Support**

If booked before your baby arrives, you will get a 1-hour prenatal visit to connect.

After your baby arrives, you can avail of 9 hours of postpartum support scheduled in three 3-hour blocks anytime in the first three months.

**Price: €345**

### **22-hour Day Support**

If booked before your baby arrives, you will get a 1-hour prenatal visit to connect.

After your baby arrives, you can avail of 21 hours of postpartum support scheduled in seven 3-hour blocks anytime in the first three months.

**Price: €765**

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### **24-Hour Overnight Support**

This consists of an initial 1-hour call where we will connect and discuss your plan for the overnight visits.

You can then avail of three 8-hour overnight visits anytime in the first three months postpartum.

**\* *Overnight visits must be booked in advance.***

**Price: €999**

### **48-Hour Overnight Support**

This consists of an initial 1-hour call where we will connect and discuss your plan for the overnight visits.

You can then avail of six 8-hour overnight visits anytime in the first three months postpartum.

**\* *Overnight visits must be booked in advance.***

**Price: €2010**

### **Postpartum rates:**

**Day Support: €35 per hour in 3-hour blocks**

**Overnight Support: €42 in 8-hour blocks**



## **Postpartum Support**

### **Package 1 - The Basic Postpartum**

One 3-hour visit per week for one month after your baby/ babies have arrived to help with the new transition and routine.

**€410+**

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### **Package 2 - The Comfy Postpartum**

Two 3-hour visits per week, for one month after your baby/ babies have arrived, giving you a good opportunity to transition into your new routine and feel supported on your journey.

**€825+**

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### **Package 3 - The Deluxe Postpartum**

Three 3-hour day support visits and one 8-hour night support visit per week for one month following the arrival of your baby/ babies, helping you to feel rested, fully supported, and ready to fully embrace your new routine and transition.

**€2600+**

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#### **Postpartum rates:**

**Day Support: €35** per hour in 3-hour blocks

**Overnight Support: €42** in 8-hour blocks

*\* Travel expenses charged outside a 30km radius*





## **Package Add-ons**

### **Closing the Bones Ceremony**

The Closing the Bones ceremony can usually last up to 2 hours.

**€110+**

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### **Closing the Bones Ceremony + Debriefing session**

When combined with a debriefing session, the Closing the Bones ceremony can last up to 3 hours.

**€170+**

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### **Closing the Bones + 3-Step Rewind Trauma Resolution**

The Closing the Bones ceremony will be done in the first session of 3-Step Rewind, which can last up to 3 hours. The second and third 3-Step Rewind sessions will be done virtually, unless agreed otherwise.

**€330+**

*\* As this is a hands-on offering, the Closing the Bones ceremony is only offered in person.*

*\* Travel expenses charged outside a 30km radius.*



## **Pregnancy Reiki**

Pregnancy reiki can be used to support those with challenges including nausea, hypertension, anxiety, breech presentation, placenta previa, pelvic girdle pain, and much, much more.

Sessions last 1 hour approx

**€65 per session**

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## **Labour & Birth Reiki**

Reiki during labour and birth can be used to support challenges including labour induction, pain management, retained placenta, fear, and much more.

**€65**

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## **Postpartum Reiki**

Reiki after your baby/ babies have arrived can support rebalancing the body, clearing any blockages from pregnancy, labour and birth, support with lactation, aid physical and emotional recovery and so much more.

**€65 per session**

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### **Closing the Bones & Reiki Combo**

A beautiful ceremony leaving you feeling rested, refreshed, and balanced.  
This ceremony can last up to 3 hours.

**€170**

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### **3-Step Rewind Trauma Resolution**

A gentle, safe but very effective process to lift trauma from previous perinatal experiences and to support you in feeling more hopeful and positive about your current journey. 3-Step Rewind can be done either in-person or virtually but one must allow themselves space and time alone without distraction for the full sessions.

**€220**

*\* All of the above can be added on at any point during your contract. The above rates are exclusive to contractual add-ons.*

*\* Reiki can be done both in person and from a distance. Charges remain the same for both.*

*\* Travel expenses charged outside a 30km radius.*

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## **What is included in your birth doula package?**

*The following is information about what you will receive as a birth doula client.*

### **1. Initial Consultation**

The first thing that will happen once you contact Globebaby Doula is that you will be offered an initial consultation. This consultation usually lasts anywhere from 20 to 30 minutes and is done over the phone or via video chat on WhatsApp or Zoom. Occasionally, if scheduling allows, I will meet you face to face for the initial consultation. The aim of this consultation is to see if we, together, will make a good team. For this consultation, I will ask you some questions and I advise that you have some questions prepared to ask me too.

### **2. Prenatal Visits**

If we have both decided that we will make a good team for your birth, we will go forward and schedule your prenatal visits. At the first visit we will discuss your birth plan, gather information for making the best choices for you, address any fears or concerns that you may have, and discuss how we can work together as a team. During the second visit, we will review your birth plan, discuss any new concerns that may have arisen, review the signs and stages of labor and what to expect in the postpartum period, prepare a postpartum plan, discuss newborn care, and feeding management. Each prenatal visit lasts approximately one hour.

### **3. On-going text, phone, and email support**

I will be available to support you via text, phone and/ or email during business hours (9am to 5pm) from the moment you sign our contract until 3 months postpartum. I will answer any questions you may have to the best of my knowledge and will provide you with evidence based resources when possible. If I am unable to advise you, I will refer you to a professional who can.

If I cannot take your call, I will send you a message and schedule when I can return your call. Alternatively, you can send me a brief message detailing the reason for your call. That way I will be more able to properly support you upon returning your call.

### **4. Continuity of Care**

As a self-employed individual, I will be working for you; not for your hospital or Health Provider. This means that your priorities are my priorities. During your prenatal months, we will build our relationship based on trust and support. This trusted relationship will help you feel more secure, confident and respected within the hospital environment and at a time of significant transition. It also assures that there will be a familiar and



understanding presence during the postpartum period to review your birth story with, support with feeding, and provide newborn care information.

### **5. On-call labor and birth support from 38 weeks gestation**

Once you decide to call me, I can labor with you at home, or over the phone, until it is time to transition to the hospital and accompany you to whichever hospital you have chosen. I can also meet you at the hospital - whichever option works better for you. You decide when you need me to come and offer you support and comfort. I will support you (and your birth partner) throughout your labor and birth, utilizing whichever methods you have described in your birth plan and I will be prepared to continue supporting you both if your birth plan changes. I offer various comfort measures including, but not limited to, massage, breathing guidance, suggestions for positioning, a peanut ball, acupressure, general hands on healing and comfort for you and your partner.

My main purpose as your doula is to provide non-judgemental support for you in ALL of your choices and to provide information so that you and your partner can make informed decisions.

Each birth package includes a set amount of hours allotted to supporting you. Additional hourly rates of **€35** are applied after the specified times in the package that you have chosen.

### **6. Cesarean Birth**

Should a cesarean be part of your plan, or should you need an emergency cesarean, I will be there for you from the moment you reach the hospital. I will accompany you to surgery (as long as it is permitted in hospital policy) and remain with you for up to 3 hours afterwards. I will also visit you during your hospital stay. The Cesarean Birth Support Package also includes 18 hours of postpartum care which may be used at your discretion; overnight care in blocks of 8 hours or more, daytime care in blocks of 3 hours or more.

### **7. Photos**

I can take some photos at your labor and birth, if you would like me to. I will later send these photos to you via WhatsApp at no extra charge (unless you have chosen professional photography with me). I may want to use some of your pictures for marketing and social media purposes. If you agree with this, I will have you sign an agreement form beforehand. Again, I support your decision to consent to or decline this.

### **8. Postpartum Visits**

Postpartum visits last for a minimum of three hours. In our first visit, we will debrief about your birth and you and your partner's experience, should you wish. We will also discuss how I, as your doula, served your family, if I was your birth doula. I can offer support with newborn care including bathing, feeding (bottle, breast, combination, or



pump), comforting, sitting with you, chatting with you, do some light housework, prepare some light meals, or offer sibling support.

During all other postpartum visits, I will be there as a support person for you, aiming to lessen the overwhelm you may be feeling by doing some light housework, preparing some light meals, or simply just being there to offer you company and a person to chat to.

We can also discuss any postpartum issues that may arise to which I can provide referrals for further professional assistance, if needed.

### **9. Overnight Support Visits**

Overnight visits will consist of 8-hour blocks where I come to your home and watch the baby while you and your partner get some well needed rest. I will discuss with you beforehand what you would like me to do when your baby needs feeding or comforting during the night and I will follow your directions. We will also come to an arrangement on my arrival and departure from your home. I *may* need a short rest during your overnight support too. This will be mutually discussed and agreed upon beforehand.

### **10. Sibling support**

Siblings need support too! It is a significant transition from being a little to becoming a big. I can help make the transition go more smoothly with loving support for your children as you adjust to life with a new baby. With 12+ years of teaching experience, I can naturally cater to your older children's needs and entertain them at age appropriate levels.



## **What is included in your postpartum doula package?**

*The following is information about what you will receive as a postpartum doula client.*

As your Postpartum Doula, I will assist you in transitioning from the initial feelings of overwhelm, exhaustion and uncertainty to feeling more calm and confident in your parenting journey. I will get you the resources and support you with the skills you will need in those early days.

As your Postpartum Doula, I will:

### **Understand:**

I will hold space for you with understanding, empathy and compassion and without judgment as you navigate the transition to parenthood/ parenting an additional child.

### **Care:**

I will nurture you and your family through light meal preparations. I will facilitate your sleep, do some light housework, run simple errands, and look after older children (package dependent).

### **Inform and Educate:**

I will provide you with information and resources around newborn care, baby feeding whether breast, bottle, combination, or pump, self-care and perinatal mood disorders and anxiety. Should anything be outside of my scope, I will offer referrals to the appropriate professionals.

### **Support:**

I will support your parenting choices and never offer judgment or try to force my parenting skills on you. This is your journey and I will support you all the way.

### **Provide on-going text, phone and email support:**

Parenting doesn't come with a schedule and I understand that. Therefore, I will offer on-going support via text, phone and/ or email during business hours for the first three months postpartum.



## **Thank you**

Hello!!

I would like to thank you for reaching out and contacting me for more information on my support and services.

I hope that this booklet serves as a good guide for you to understand more about the support I offer.

If you have any questions after browsing through, please do not hesitate to contact me via phone, WhatsApp, or email.

Phone and WhatsApp: **+353 87 679 5337**

Email: **globebabydoula@gmail.com**

I would love, if you could follow me on social media too. You will find me on Facebook and Instagram, if you search:

**@globebabydoula**

I also have some freebies, affirmation cards, and more on my website, so do head over and check them out:

**[www.globebabydoula.com](http://www.globebabydoula.com)**

Again, thank you for reaching out and I hope to support you on your journey.

All the best,

*Lorraine Lozano x*

**Globebaby Doula**