

Birth Doula

*The beauty & wisdom of birth
are largely lost to our cultures,
but your body & soul remember.*

The Spanish say *dar a luz*—literally, 'give to the light'.
A birthing woman brings not just her baby, but also herself, through the unknown darkness to lustrous, blazing life.

Only you know what you need as you walk through the sacred portal from maiden to mother
(or mother to born-again mother).

My job is to witness and help you bring your birth dream into being.

As your doula, I support your intuition with encouragement, evidence, education & wisdom.

I offer friendship, nourishment, comfort and guidance for your journey
through fertility, pregnancy, birth and postpartum.

As needed, I hold space and grace for you as you release any fears & patterns
standing in the way of the birth you and your baby want.

Motherhood is sisterhood,
yet many of us are disconnected from each other as we enter and grow into this most sacred role.

Too many women believe only the baby matters, but you matter.
Your loved ones matter. Welcoming your baby's first breath in this world with love, beauty, and triumph matters.

The day you meet your child will be branded on your heart for the rest of your life,
& is the brand new beautiful beginning of theirs.

The experience, however it unfolds, will be part of you both forever.

As your doula I will whole-heartedly support you as you find your own truth, stand in your own power,
& birth your baby, your way, with all the love in the universe.



SOULA

PHILOSOPHY

The word doula is Greek, meaning 'woman who serves', and the role is as ancient as birth itself. 'Mothering the mother' is part of our innate birthing wisdom. A doula is 'with woman' to witness, nurture and comfort her as she brings new life into the world.

Undisturbed birth is dependent on you feeling safe & powerful. My role as a doula is to hold space for you and the birth of your baby and make sure all your choices are informed decisions aligned with your beliefs & values. I will encourage, inspire, educate, support & nurture you through your pregnancy and childbirth process, mind, body, heart & soul.

I know birth to be a normal and natural event that has a deep and lasting impact on the lives of the woman and baby. I am an advocate of your own choices, experience and life path. I will never make decisions for you but will support you to find your own truth and power in the birthing options you choose for yourself.

I want my birthwork to meet all your needs, heartfelt desires, and the always-unpredictable nature of Birth herself—not be limited to a pick-n-mix of what you may think you can afford or deserve. Therefore I only offer one package, as detailed below. It is designed to enable me to bring everything I am and every tool I have to every woman & family I walk with.

BIRTH DOULA OFFERING

- **Prenatal care visits** for your body, mind, heart and soul. Usually a minimum of once per month until you give birth, these visits will explore, prepare and support your individual experience of pregnancy, birth & motherhood. Ideally at least one visit will include your partner (& any other members of your birth support team), and another will be to meet your midwife (if you have one). I am also available for extra visits as-needed (e.g. to attend an appointment, work through an issue, etc).
- **Education & resources** to support you and your partner in a beautifully holistic, sacred & undisturbed labour, birth & postpartum. You will receive a folder of birth-nerdery that includes all my favourite & created resources, access to my hand-picked podcast playlists and always-growing birth library—& on-tap answers to any arising questions, no matter how tricky (if I don't already know, I will find out!)
- **Birth mapping** that educates, captures & plans for your your own unique desires, priorities & vision for birth.
- **Postpartum planning** to support your optimal recovery and bonding as a new family.
- **Energy & space clearing** as tools to prepare yourself and your home for the sacred ceremony of birth.
- **Unlimited phone & email support** throughout the prenatal and postpartum period. I am always available to discuss your questions, concerns, fears or updates regarding your pregnancy, labour, birth and new mothering—as well as celebrate you in all your joys and milestones!
- **Mother Blessing** ceremony that gathers your circle of women to hold, honour, nourish & celebrate your body, mind, heart & soul as you embark on your birthing rite of passage.
- **On call for labor & birth.** I am available by phone for you at all times from from 37 weeks until your baby is born. Call me when you think you are in labour, even if you do not yet need me. We will stay in touch until you decide you'd like my presence. I will be with you within 1-2 hours.
- **Labour & birth support** from whenever you choose until 2-3 hours after birth. Except for extraordinary circumstances (or by your choice) I will stay with you throughout labour and birth.
- **2 postpartum visits** to support your birth recovery and postpartum wellbeing. These usually take place shortly after the birth (usually the next day) and at one week postpartum.
Further postpartum support is available as an add-on.
- **Nourishing postpartum meal package** to support your first week of recovery, healing & breastfeeding. Ayurvedic-inspired kitchari, mama porridge, love muffins & tea, delivered at my first visit after birth.
Further meal support is available as an add-on.
- **Closing the Bones** ceremony to close your birthing rite of passage with warmth, massage, energy healing & traditional rebozo wrapping.
- **Birth story medicine** to debrief this huge rite of passage for you and/or your partner—usually happens organically and on-going during postpartum, but can be whenever you are ready.

\$3400

PAYMENT PLANS AVAILABLE

Travel costs apply outside of Hamilton (.95c / km)