

## **Doula Services**

**Offered by Naturopathic Graduate & Naturopathic Doula, Adrienne DeLuca, BHK**

Adrienne graduated from the Canadian College of Naturopathic Medicine in 2022 and completed training as a Naturopathic Doula in 2018. She is currently in the process of writing her board exams to become a licensed naturopathic doctor.

Adrienne's beliefs are that, although the birth experience is such an intimate experience for mom and baby, what is often forgotten is the importance of the birth partner in supporting mom and the connection it brings for the new parents (or mom and her chosen birth partner).

Adrienne is offering a unique service that gives mom and her birth partner substantial emotional and informational support throughout pregnancy, resources to help you design a birth plan that feels right for you, and information that empowers you and helps your partner advocate for you when the big day comes.

This package is a great option for first-time moms, as it gives you a very thorough understanding of what to expect during pregnancy, how to prepare for your big day, and how to prepare for healing postpartum. It helps strengthen communication and bonding between mom and birth partner, bringing you closer together to have a unique and intimate birthing experience.

This package is also great for people who have given birth before, as every birth is different. I can help you identify the specific pieces of the day, and preparation for the day, that you enjoyed and didn't enjoy. This helps you and your partner be better able & better prepared to advocate for that better experience this time around.

Although not necessary, it is strongly encouraged that your birth partner be present for most visits.

This package is for a momma who wants their partner to be their biggest supporter during the labor process, and Adrienne helps to prepare them for that!

But this package is not for you if you want a Doula to be present throughout labor, as Adrienne does not attend the birth.

All visits may take place in person or with telehealth via video chat or phone call

**Investment: \$700 for the full package**

### **What's Included:**

- Copy of Adrienne's E-Book "How to Create the Perfect Birth Plan"
- Plenty of handouts and worksheets to help you understand your needs & goals for pregnancy/labour and be prepared for post-partum.
- 5 appointments with Adrienne, including 2 postpartum visits.
- **Unlimited** email support from the first appointment up to 6 weeks postpartum

### **Initial Consultation (60 minutes)**

- Go over medical history.
  - Medical diagnoses, past pregnancies, etc
- Get to know your lifestyle, needs, goals.
  - Birth partner, other kids, pets
  - Fears, hopes.
- Go over handouts/ things to think about and prepare before next visit.
- Address questions and concerns

### **2nd Trimester Check-In (30-60 minutes)**

- 'Finalize' birth plan together.
- Address questions/concerns
- Review 'labor-day' positions and techniques with birth partner
  - ***Most important visit for birth partner to attend.***

### **3rd Trimester Check-In (30-60 minutes)**

- Review birth plan
- Address questions/concerns since last visit
- More handouts & review preparedness for postpartum recovery (especially first 48 hours)
  - Design & plan mums first aid kit
  - Design & plan support aids

### **2-week postpartum check-in (20-30 minutes)**

- Labor discussion
- Mental Health check
  - This happens at every visit but emphasis on post-partum.
- Emotional support, resources, and referral if necessary

### **6-week postpartum check in (20-30 minutes)**

- Same as week 2
- Address any other concerns/needs if they arise.
- Establish if there may be any need for other postpartum care (i.e., massage, chiro, pelvic physiotherapy, meal services)
- Ensure preparedness for moving forward with life with baby including emotional supports, prioritizing mum, etc.