

BROWARD || PALM BEACH || MIAMI

HIJA DEL SOL BIRTH SERVICES, LLC.

DOULA SUPPORT PACKAGES

AS OF APRIL 1ST, 2020 THESE ARE THE ONLY AVAILABLE DOULA SUPPORT PACKAGES. ANYONE WHO HAS SIGNED A BIRTH AGREEMENT WILL BE SUBJECT TO A SUPPLEMENTAL FEE TO COMPENSATE DOULA FOR POTENTIAL RISK OF IN-PERSON INTERACTIONS. ANYONE WHO HASN'T SIGNED BIRTH AGREEMENT WILL BE SUBJECT TO THESE RATES DESPITE PREVIOUS RATES FOR SERVICES OFFERED AT CONSULTATION. IN AN EFFORT TO REDUCE THE SPREAD OF VIRUSES AND TO PUT IN PLACE SAFETY PRECAUTIONS, ANY MEETING THAT CAN BE DONE VIRTUALLY WILL BE DONE VIRTUALLY MOVING FORWARD DUE TO NEED FOR MINIMAL IN-PERSON INTERACTION.

SPREAD YOUR WINGS \$1200

- 2hr • VIRTUAL Prenatal 1- (Deposit Due) Birth Preferences, Paperwork, Activity
- 2 hr • Prenatal 2- Pain Management/Stress Relief & Maternity Shoot Session
- 2hr • VIRTUAL Prenatal 3- Mental/Emotional prep, Milk talk, Belly (Paint) Activity
- 24hr • Labor & Delivery Support (24 hour support max) - Hospital (Consult w/ Hospital policies), Birth Center and/or Homebirth & Includes photos
- 1.5hr • VIRTUAL Postnatal 1- Nutrition, Physical, & Emotional Wellness talk, Postpartum Gift, Newborn support (Lactation, Resources. & ?s)
- 1.5hr • VIRTUAL Postnatal 2- Newborn support (Babywearing, Milk, Resources. & ?s)
- 2hr • Postnatal 3- Vaginal Steam 1/1 and Milk Booster Cookie Delivery (If client doesn't want steam, this will be VIRTUAL last session & gift will be shipped)

FEARLESSLY FLYING \$1500

- 2hr • VIRTUAL Prenatal 1- (Deposit Due) Birth Preferences, Paperwork, Activity
- 2 hr • Prenatal 2- Pain Management/Stress Relief & Maternity Shoot Session
- 2hr • VIRTUAL Prenatal 3- Mental/Emotional prep, Milk talk, Belly (Paint) Activity
- 1.5hr • VIRTUAL Prenatal 4- Emotional Support Session & Partner Prep Session
- 24hr • Labor & Delivery Support (24 hour support max) - Hospital (Consult w/ Hospital policies), Birth Center and/or Homebirth & Includes photos
- 1.5hr • VIRTUAL Postnatal 1- Nutrition, Physical, & Emotional Wellness talk, Postpartum Gift, Newborn support (Lactation, Resources. & ?s)
- 1.5hr • VIRTUAL Postnatal 2- Newborn support (Babywearing, Milk, Resources. & ?s)
- 2hr • Postnatal 3- Vaginal Steam 1/2 and Milk Booster Cookie Delivery
- 2hr • Postnatal 4- Vaginal Steam 2/2 & Postpartum Shoot Session (Natural light) (If client doesn't want steams, last 2 sessions VIRTUAL & gift will be shipped)