



The Birth Servant

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Birth Doula Philosophy, Services, and Costs

I strive to live in mission, in service, and in joy on the daily. My belief in birth is grounded in trusting the body's intuition and protecting the sacred that is often lost amidst the science. I believe in birth happening organically, at the time it is intended to happen, in one's own space and time. It is not a medical event, but a designed, physiological event. That being said, I am not saying medical means and tools are not necessary, and should be used when in need. I am passionate about undisturbed, instinctual birth and trust the process and preservation of your birth plan. It is an individual journey and experience that deserves to have space and a unique story. *As a doula, I am called to protect your space to make you feel safe, trusted, and loved as you go on this journey.*

I **believe** in your ability to birth. I **honor** the sacred design of pregnancy, birth, and the postpartum. I **value** the preservation of your birth plan, and will strive to accomplish this with you. I **serve** in humility and am for you.

I am **trained** in the physiological process of birth from Indie Birth Association and Midwifery School, and also apprenticing with Duluth Midwife in the northern region of Minnesota. As a student midwife, I am often in the role of a doula and am confident in my current knowledge and individualized pain management techniques. I have been in birth work for the last 1½ years and have attended a total of 17 births (not including my own two babies), and counting!

As your doula I offer services unique to your natural birth plan in the hospital, birth center, or home. Natural birth encompasses feeling safe and undisturbed. My job as a doula is to hold space for you and the birth of your baby and make sure all choices are informed decisions. I am YOUR person to encourage and nurture you through this process called birth.

This includes:

- Emotional, physical, spiritual, and informational support during your pregnancy, labor, and the postpartum
- Providing educational resources throughout our time together
- Helping you create your natural birth plan and vision
- Aid in communicating the plan to your midwife or care provider
- Attending 1-2 prenatal appointments with you (optional)
- Putting together the birth space
- Available 24/7 on call from 37 weeks to labor and 2 weeks postpartum
- Calling your midwife or care provider when in active labor or for providing updates
- Supporting you from onset of labor to a few hours after birth
- Making a plan for the postpartum sanctuary and putting it into action
- Placenta services included
- Optional *additional* postpartum support such as an herbal bath, cleaning, laundry, a meal, etc.

My doula services are \$800*. I also offer \$100 *added* postpartum support including a nourishing gift basket, healing bath tea, and household chores or meal option (3 hours maximum time) OR \$25 hourly rate if needing more postpartum support.

*If the fee is too much, please do not hesitate to contact me if you are wanting a natural, undisturbed birth. I would love to talk with you about our options.