



# Mother's Advocate Doula Services

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920-759-0771 and 920-475-5313

## Services and Fees

My doula services include a free, no obligation visit to see if we make a good team, followed by 2-3 prenatal visits for discussing previous birth experiences (if desired), identifying labor and birth issues that are important to you and your partner, guidance in writing your birth plan, and exploring methods for more comfortable birthing.

I am here for you! I'll answer your questions by phone or email, and I'll be on call, day or night, 2 weeks before and after your due date. I provide continual labor support beginning where and when you need, including in the comfort of your own home.

After your baby's debut, I will stay an hour or two to provide support and help with breastfeeding. I also offer 1 postpartum visit to discuss the birth and any new concerns. At your request, I will also take labor and birth photos.

**Doula services \$600**

I deem every woman's birth experience invaluable; therefore I feel services should be obtainable by all women desiring a doula's support. If you are concerned about affording my services, adjustments are available to lower income families based on a sliding scale.

### Sliding Scale Doula Services

Annual Household Income*	Doula Fee
\$45,000 and above	\$600
\$40,000 - \$44,999	\$540
\$30,000 - \$39,999	\$450
\$15,000 - \$29,999	\$360
\$0 - \$14,999	\$240
Teen parent package**	\$170

*These rates go into effect June 1st, 2011. Sign your contract before June 1st, and you will receive the current lower rate.*

\*Proof of level of income required. You must be able to provide a copy of your previous year's Federal Income Tax Return to qualify for an adjusted fee.

\*\* Guidelines regarding school attendance must be met