



## SESSION ONE

**WHERE: In the comfort of your own home. WHEN: 16 - 20 weeks**

What to expect: This where we get to know each other better and set the stage for our relationship. I want to know how pregnancy is going so far, how you're feeling, any worries you may have and how I can best support you on your journey.

Together, we go over your intake form and previous birth experiences or ideas surrounding birth.

I hear your desires and wishes for this birth, and how you envision it. We start unearthing any fears or stresses.

Then we discuss options that can help you reach your goals. I'll teach you how to use your BRAIN (an acronym that I use daily in all aspects of life, not just birth).

Next, we'll discuss the power of the mind and language, and why they play a huge role in birth.

We'll talk about birth options, navigating policies and we'll also start to create your BIRTH MAP.

## SESSION TWO

**WHERE: In the comfort of your own home. WHEN: 28-32 weeks**

What to expect: This is where we get down to the nitty gritty about birth and your birthing day!

We'll make headway on your BIRTH MAP, and revise it...now is the time to ask the big questions.

# Birth Doula Package

PRENATAL SESSIONS | SAMPLE PLAN

We'll spend a lot of time talking about:

- Birth hormones and how to make them work for you
- Optimal Fetal Positioning - how baby's position can impact labour, and
- Breathing - Three awesome techniques to breathe your baby out.

I'll teach you some tips and tricks no hospital midwife will ever share, and we'll practise coping measure and get accustomed to reassuring touch and guidance. If you have a partner or other support person who will attend your birth, please ensure they're included in this visit.

I'll show you the contents of my Doula bag, and we'll test out comfort tools to learn what you think will work for you.

## SESSION THREE

**WHERE: In the comfort of your own home. WHEN: 36 weeks**

What to expect: It's nearly go time! In this session, we'll address late pregnancy concerns, how to recognise labour and what to do when it starts.

I'll give you my top tips to get that labour going, and to keep you in your best frame of mind.

We'll talk about your postpartum experience, the fourth trimester and why it's so important to plan for it.

I delve a little into your relationship and give my tips for maintaining loving connection and the importance of communication during this time.

We'll discuss when to call me, how to know when it's time to go and what to do to keep cool, calm and collected. Lastly, we'll confirm logistics, birth place details and back up contracts.