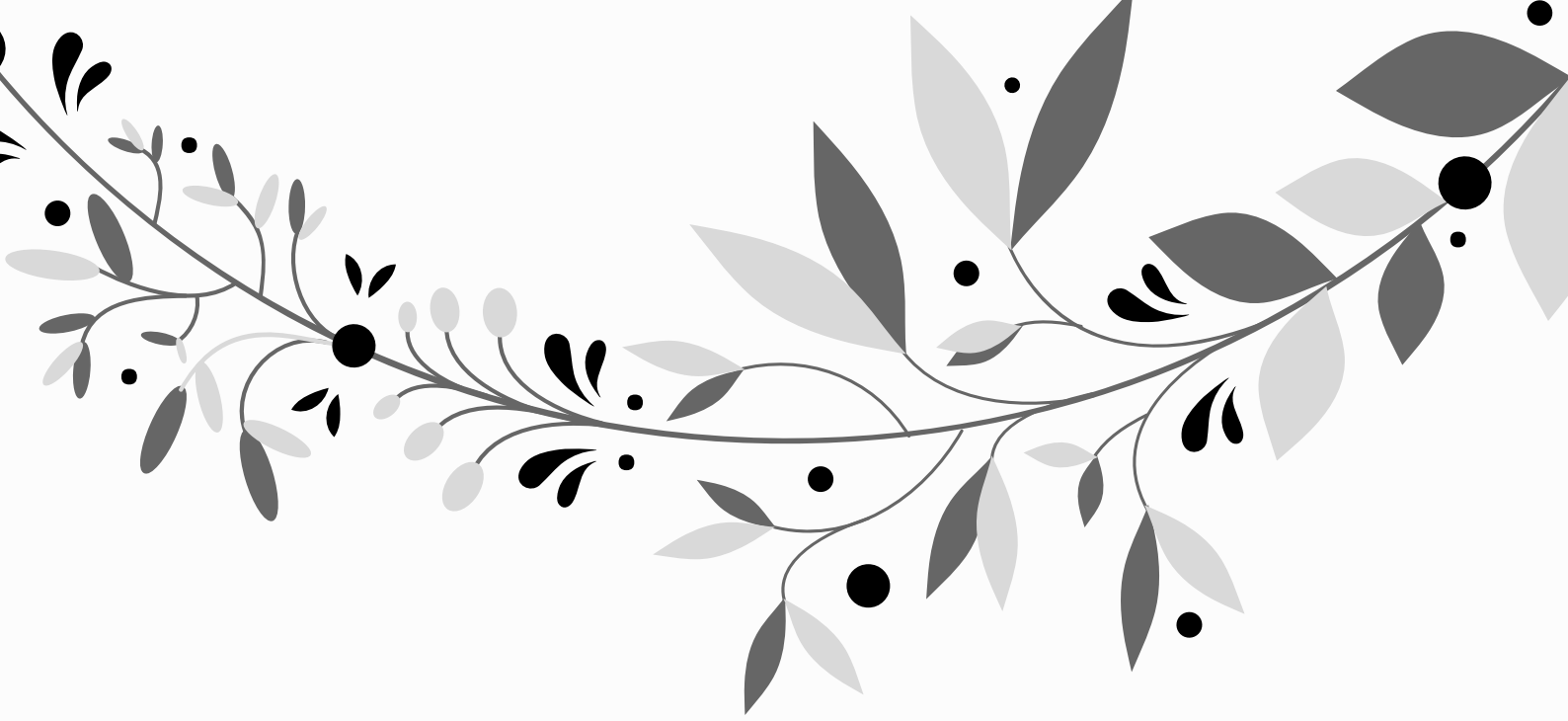




Kim Smith

Birth & Breastfeeding
support for modern
mothers



Doula Services

You will be provided with a copy of "Your Birth Experience" Childbirth Parents' Guide and I will do an overview of the guide and the program. YBE helps you discover the unique aspects about your personality and decision-making processes that will help guide you in making the best decisions for your birth experience. You will engage the power of positive imagery by envisioning your experience and making a birth plan to meet your needs.

Two prenatal appointments (minimum)

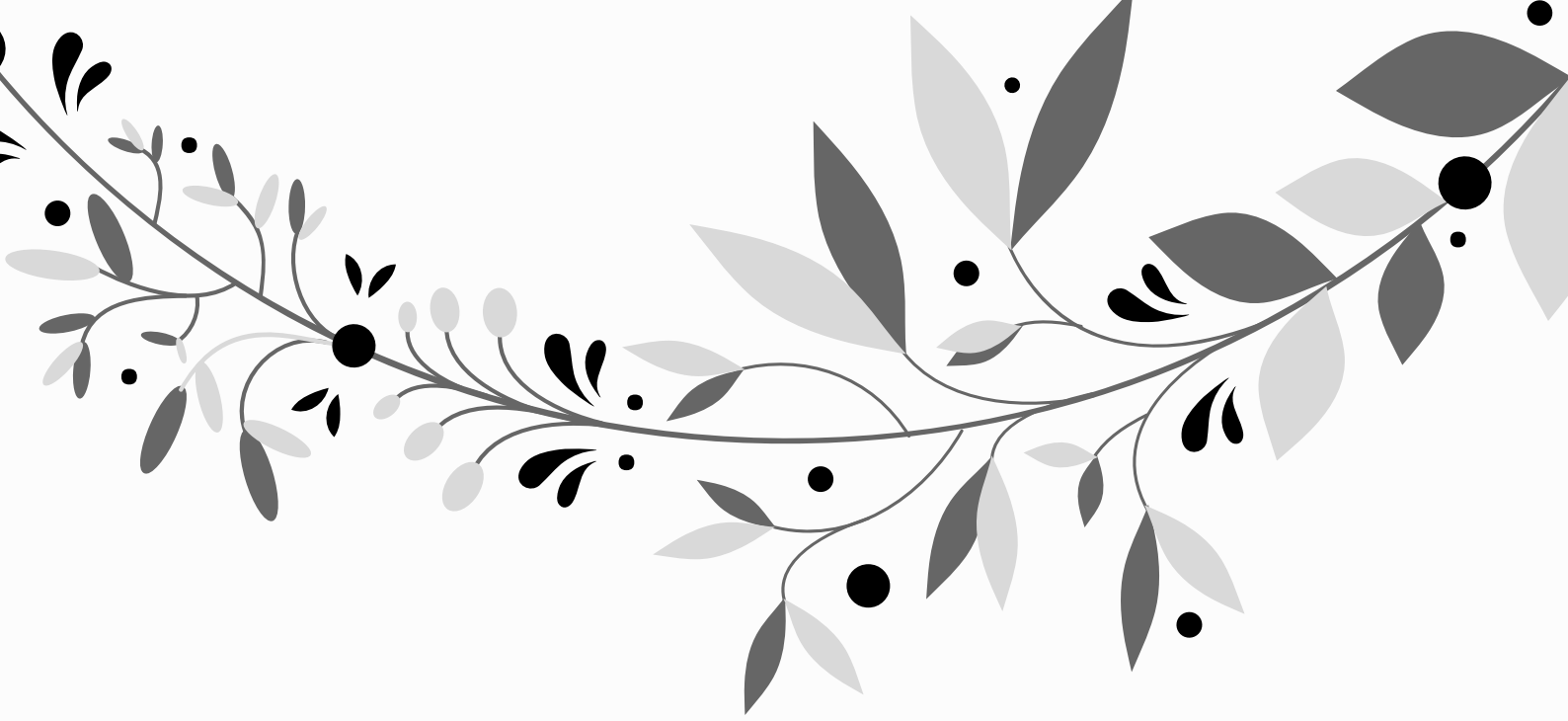
Telephone and email communication between our appointments and after care provider appointments

Emotional reassurance, physical comfort and informational support from the beginning of labour

I will join you during active labor and the delivery of baby & I will stay with you during your first breastfeeding experience to provide assistance and encouragement.

One postpartum to reflect on the birth experience.

\$975



Add on options:

Private Your Birth Experience Childbirth Class

Learn the basics of the birth process, including hormonal and emotional components that are key to unlocking your own empowering journey. Practice tried and true comfort techniques and explore various methods of relaxation to inspire your own individual childbirth style. \$150

Breastfeeding consultations

\$75-150 depending on time needed

Postpartum Doula Services

10 hours - \$300

25 hours \$750

50 hours \$1375

100 hours \$2500