

DOULA SUPPORT W/ ATHENA

To hire your doula, you must send your deposit in to book your prenatal, postnatal, and/or labor support sessions. Deposit is either 50% of your total fee or 25% of your total fee for 4 monthly installments. All payments are nonrefundable and full payment is due by Week 36 or by agreed upon date. 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. Please consult with Athena G for all agreements.

FEARLESSLY FLYING - \$2,000

PRENATAL CARE - \$500 (or \$175 per session)

Prenatal 1- (Deposit Due) Birth Preferences, Paperwork, ?s (Virtual)

Prenatal 2- Traditional Childbirth Ed, Pain Management/Stress Relief

Prenatal 3- Lactation intro, Belly (Paint) Activity & Partner Prep Session

Prenatal 4- Emotional Support, Prenatal Care & Partner Prep Session

Prenatal 5- Pre-Labor Conversation, Postpartum Planning Activity

LABOR & DELIVERY SUPPORT (24-HOUR MAX) - \$1,300

Hospital (Consult w/ policies), Birth Center, and/or Homebirth
and include photos

POSTNATAL CARE - \$500 (or \$175 per session)

Postnatal 1- Nutrition, Physical, and Emotional Wellness, Postpartum Gift, Newborn support (Lactation, Resources. & ?s), Traditional care

Postnatal 2- Newborn support (Babywearing, Milk, Resources. & ?s)

Postnatal 3- Vaginal Steam 1/2 and Milk Booster Cookie Delivery

Postnatal 4- Vaginal Steam 2/2 & Traditional Postpartum Care

If the client doesn't want steams, these will be VIRTUAL last sessions
& a postpartum gift (\$125 value) will be shipped.