

Bear With Me

- Pregnancy & Birth Support Services



Individual Services

If you aren't looking for a doula but are interested in my other services I can still support you! See below for services and prices when not incorporated into a doula package.

Prenatal Preparation

\$280 - 2 x 90 minute sessions at your home.

Looking for someone to answer your questions and help you to prepare for labour and birth, but not sure you want support *at* the birth? I can also tailor a Prenatal Preparation package to suit your needs should you wish to have additional visits

Birth Support Only

\$500

I do recommend that we have prenatal visits before I support you during labour and birth, however, should you only wish to have birth support, I may be able to assist you.

The Birth Support Only package includes:

- Complimentary phone interview for us to assess if we will be a good fit and to discuss your needs.
- I will be on call for 2 weeks prior, and 2 weeks after your estimated due date.
- I will meet you at your place of birth and support you during your labour and the birth.
- I will stay with you until you are settled as a family

Please note that the Birth Support Only package does not include prenatal visits, emails or phone calls beyond our initial interview

Birth Hypnosis

\$380 (4 x 60 minutes) – Includes 4 CDs and scripts for you to keep

You and your partner can experience the Birth Hypnosis program in the comfort of your own home. I will teach you breathing techniques and exercises which show you how hypnosis can help you during pregnancy, labour and birth. The Birth Hypnosis Program includes 4 CDs as well as information and scripts for you to keep.

Read more about Birth Hypnosis at: <http://www.bearwithme.com.au/birth-hypnosis.html>

alison@bearwithme.com.au | 0487 789 435 | PO Box 2185 Rangeview Vic 3132 | www.bearwithme.com.au

Dancing For Birth™ Blessingway

Starting from \$200 – contact me to discuss

Have a Blessingway or Baby Shower which everyone will remember. Focusing on honouring the mother, I will host a blessing ceremony, followed by an interactive Dancing For Birth™ session. You and your guests can expect a fun and playful time where you will learn signature moves such as “Powerful Woman”, “Rock the Baby” and “Dilation Gyration”.

Package includes:

- Phone interview to discuss your requirements and confirm fee
- 90 minute Dancing For Birth™ Blessingway ceremony and dance time
- I will bring music, coin scarfs and other (secret) props
- Can also include a Blissful Herbs foot bath to pamper and honour the mother-to-be

Dancing For Birth™ Private Tuition

\$80 hour

Private Tuition in your home. Learn some fun moves to prepare you and bubs for a safer and easier pregnancy and birth. Learn how different moves can have an effect on baby’s position and how you can alleviate some of those common pregnancy complaints.

Learn more about Dancing For Birth at: <http://www.dancingforbirth.com.au>



I welcome you to contact me should you have any questions about my services or fees. My contact details are below.

Warmest,

Alison Evans CLD (CI) DFB, DFBT

