

Bear With Me

- Pregnancy & Birth Support Services



Choose the level of support that is right for you. Start with my Basic Doula Package and choose your additions. If you are unsure about the level of support you need, I can help you tailor a package to suit you.

Basic Doula Package

- Complimentary introductory meeting in your home or a mutual meeting place
- 2 prenatal preparation visits (90 minutes each)
- Phone and email support throughout your pregnancy
- Access to my lending library of books relating to pregnancy, labour, birth and breastfeeding
- Continuous support during labour and birth
- 1 postnatal visit (90 minutes)
- 10% off all purchases from the [Bear With Me Shop](#)

\$760

Additions:

Prenatal or postnatal visit

\$80 hour (90 minutes min)

Additional prenatal meetings enable us to get to know one another better and explore more ways I can be of support to you during your pregnancy and in labour. Some of the things we might cover in extra meetings could include:

- General childbirth education
- Positions for an active labour and birth
- Rebozo techniques
- Partner intensive: how your partner can better support you

Additional postnatal visits are to give you a helping hand in those first few weeks while you are adjusting to life with your new bub. Whether you need some help with the washing or a shoulder to cry on, I can continue to support you.

If you would like more information or have any questions regarding additional visits, please contact me for a chat.

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

Birth Hypnosis

\$260 (3 x 60 minutes)

Incorporating the Birth Hypnosis program with your Doula Package will add 3 prenatal visits and will include 4 CDs and scripts for you to keep. Read more about Birth Hypnosis at:

<http://www.bearwithme.com.au/birth-hypnosis.html>

Dancing For Birth™

\$40 (30min added onto prenatal visit)

Finish off your prenatal visit by learning some fun moves to prepare you and bubs for a healthier 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.

Pregnancy Pamper Session

\$50 (30min added onto prenatal visit) – *Includes Blissful Herbs for you to keep!*

Now is the time for you to be pampered! Relax your feet in a soothing footbath of Blissful Herbs while I massage your neck and shoulders, hands and then feet. Not only are you guaranteed to feel more relaxed, this is a beautiful way for us to physically connect with massage and pampering before your birthing day.



Should you choose to book me as your doula, a deposit will be due at the time of booking to secure your place in my calendar. A payment arrangement can then be set up with the final instalment due by your 38th week of pregnancy.

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

