

BUNDLE BIRTH © 2019-2020 BIRTH VIRTUAL PACKAGES + PRICING

	A-la-carte Bundle	Virtual Bundle	Virtual VIP Bundle	Birth Coaching
Pre-birth	Free Consultation 1 online prenatal visit Phone/text support throughout	Free Consultation 2 online prenatal visits Phone/text support throughout	Free Consultation Unlimited online prenatal visits (rec 4-7)	7 Online Sessions
Education	A-la-carte	Access to All Class Bundle (Childbirth Class & Coping with Labor Class)	Online Childbirth or VBAC Class Online Coping with Labor Class Online The After Birth Plan Class Online Infant Safety & CPR Class	Online Childbirth Bundle or VBAC Class Online Coping with Labor Class Online The After Birth Plan Class Online Infant Safety & CPR Class
Back-up coach	Used if other clients in labor	Second priority for use of backup	First priority access, least likely to use back-up doula	N/A
Coaching	Online Prenatal Visit	2 Online Prenatal Visits	Full Coaching Workbook (8 sessions) - 180 pgs of resources/info/prompts	Full Coaching Workbook - 180 pgs of extra resources/info/prompts
Extra Resources	Birth Plan Packing List 37 week protocol	All of the Basic Bundle handouts listed PLUS Stages of Labor Cheat Positions for Laboring Birth Ball Guide Birth Affirmations 10 pg step-by-step partner guide	All of the other handouts listed PLUS Birth Coaching Workbook (see above)	All of the resources listed.
Products	None	Corona Kit: all the essential items you need for laboring success! I send you a "care package" of goodies I usually bring to births to help set the mood, etc. Birth ball.	Virtual Bundle Essential Oil Peri Spray 3 Full-Size Labor Essential Oils doTERRA Personalized Birth Affirmation	None
Birth Support	No on-call. If I am available (not with clients) I can come to you in-person for an hourly fee. Intermittent phone/text support.	On-call at 38 weeks until birth In-person support in the home (unlimited hours) Intermittent or constant virtual support while in the hospital	On-call at 38 weeks until birth In-person support in the home if in LA Intermittent or constant virtual support while in the hospital	None
Postpartum Support	Phone/text Support with Referrals	Online Postpartum Debrief Phone/text Support with Referrals	+ Initial online breastfeeding consultation with Goldilacts	1 online session
Extra Perks	If you receive consent from your provider, ability for RN to perform sterile vaginal exam(s) at home if in LA area. Consent provided for you to bring to your provider.	If you receive consent from your provider, ability for RN to perform sterile vaginal exam(s) at home if in Los Angeles area. Consent provided for you to bring to your provider.	10% off follow-up visits with Goldilacts 1-hr online session with Alyssa Berlin, perinatal psychologist (session 5) 1-hr baby registry review session -Bump Bestie	1-hr online session with Alyssa Berlin, perinatal psychologist (session 5) 1-hr baby registry review session -Bump Bestie
Pricing	\$1800 for virtual support \$200/hr in-person	\$3500	\$5500	\$2500

Upgrade available for the BIG & VIP Packages to full in-person if per hospital policies I am allowed to be present for an additional cost

HEALTHY MOM

HEALTHY BABY

HEALTHY BIRTH MEMORY