

Birth Doula *Support*

Continuous, caring support from early labor through your golden hour.

WHAT TO EXPECT

A birth doula offers steady, knowledgeable presence through pregnancy, labor, and the first hours with your baby — physical comfort, calm advocacy, and emotional support for you and your partner. Here is what working together looks like, step by step.

YOUR JOURNEY, STEP BY STEP

1

Free Consultation

We meet — in person or virtually — to talk about your hopes, your questions, and whether we are the right fit. No pressure, ever.

2

Prenatal Meetings (2–3 visits)

We build your birth plan together, practice comfort measures and positions, and prepare you and your partner for what labor may bring.

3

On-Call From 37 Weeks

From 37 weeks until your baby arrives, I am on call for you day and night — a phone call away whenever labor begins.

4

Full Labor Attendance

Continuous support from early labor through delivery: hands-on comfort, position changes, encouragement, and calm advocacy with your care team.

5

The Golden Hour & Follow-Up

I stay through your first precious hours together, support early feeding, and follow up postpartum to see how you are settling in.

What's Included

- ✓ 2–3 prenatal meetings
- ✓ Continuous labor & birth support
- ✓ Postpartum follow-up visit
- ✓ On-call from 37 weeks
- ✓ Golden hour & feeding help

*“Birth is not a medical event — it is a rite of passage.
You deserve to be held while you hold new life.”*

Book your free consultation

www.doulaatthegate.com

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