

Each visit we will cover topics that are related to labour, birth & early parenting

1st Visit (antenatal)

Date _____

- Get to know each other
- Discuss your goals for your birth
- Explore your birth options
- Review/Debrief prior birth experiences
- Develop your birth plan and intentions
- Explore Stages of Labour
- Understand each person's role in the birth team
- Own preparation for a natural birth experience
- Learn about the different models of care

2nd Visit (antenatal)

Date _____

- Explore & understand possible medical interventions
- Making informed decisions
- Express fears & concerns
- Review birth plan
- Review pain management options
- Partner support
- Learn relaxation & active birth techniques and positions

Labour & Birth Support (up to 15 hours. If labour extends beyond this, I may call in my backup doula to provide you with optimal support)

3rd Visit (Postnatal)

Date _____

- Debrief the birth experience
- Support & Nurture with Breastfeeding
- Post-natal Support Resources

4th Visit (Postnatal)

Date _____

- Early parenting support
- Breastfeeding support
- Any worries or concerns for mum, partner or baby
- Postnatal support resources