



PRICE SHEET FOR DOULA SERVICES:

PLYMOUTH / CANTON : \$400

LIVONIA / NORTHVILLE : \$550

FARMINGTON HILLS / NOVI: \$700

DETROIT: \$900

HOME BIRTH: VARIES

BIRTH DOULA SERVICES

- *In home consultations and birth planning
- *Comfort measures, coping techniques, & natural options for pain management
- *Birth Plan consistent with “Coffective” APP
- *On-Call 1 week before due date through delivery
- *1 postpartum visit
- *24/7 consultation up to 2 weeks
- *Support throughout labor including; B.R.A.I.N & evidence based information
- *Breastfeeding support

POSTPARTUM doula: additional care

Offering daytime postpartum doula care, often referred to as newborn care specialists. Services to make your days smoother, your load lighter, and your confidence stronger.

BASE PRICE : \$350

Hands on guidance including; breast feeding support, a listening ear to share concerns & gather educational information, a chance to rest.

ADD HOUSEHOLD MANAGEMENT : \$900+ PER WEEK

Assistance with breast milk storage, meal prep, grocery shopping, basic household cleaning.

ADD evening family care: \$500+ PER WEEK

A service that offers more, for the family who needs help cooking dinner, running basic errands, needs transportation for school age child to/ from school and/ or evening local sports events or practices.

ADD FITNESS : \$375 PER MONTH (3 DAYS A WEEK)

Curated mama fitness plans to help ease into fitness. 1 hour sessions 3x a week include physical exercise, meditation practice and strength training. This service provides a hands on personal experience to help new moms get back to their personal best.