


# Our Mission

As full-circle doulas, we are your first support system that supports you in reclaiming your human experience. Supporting your requests that best suite your families needs is our priority. We advocate for your medical needs and desires for your designed birth plan for your personal intentions and beliefs. We provide tools & options that are aligned with your families cultural needs. We provide peace of mind.



We offer specialized holistic birth support for families.

## Our Services Prenatal & Active Labor Care Plan

### 1. Prenatal Care:

#### Initial Assessment: Detailed health history

- Consult after scheduled check-ups: Schedule after your routine prenatal visits, usually once a month initially and more frequently as the due date approaches.
- High-Risk Factors: Tailored care for individuals with high-risk pregnancies.
- Cultural and Personal Preferences: Consideration of cultural practices and personal beliefs.
- Nutritional Guidance: Dietary recommendations and supplements for a healthy pregnancy.
- Exercise and Lifestyle Advice: Safe physical activities and habits for maintaining overall well-being.
- Educational Resources on Pregnancy and Childbirth: Information on what to expect during pregnancy, labor, and postpartum.

### 2. Birth Plan:

- Preferences for Labor and Delivery: Preferences for pain management, labor positions, and other aspects of the birthing process.
- Support Team: Identification of individuals (partner, family, doula) who will be present during labor.
- Interventions: Preferences regarding medical interventions, if necessary, and communication with healthcare providers. Review of Communication Styles.

### 3. Active Labor Care:

- Admission Procedures: Protocols for check-in at the birthing facility.
- Pain Management Options: Discussion of available pain relief methods (e.g., epidural, natural techniques).
- Labor Progress: Regular assessments of labor progression and adjustments to the care plan as needed.
- Emergency Protocols: Clear instructions for emergency situations and potential interventions.

### 4. Postpartum Care (Lite):

#### Immediate Postpartum Procedures: Care for both mother and newborn immediately following delivery.

- 1 Follow-up Appointment: Scheduled for postpartum check-ups for both mother and baby.
- Emotional Support: Resources for mental health support and postpartum well-being.

24/7 on-call support services from 37-42 weeks