

Gentle Touch Doula & Childbirth Education Services

Virtual-Doula Package

- 30 weeks pregnancy to 2 weeks postpartum
- Two 60-Minute FaceTime/Equivalent meetings to prepare for labour & birth
- 24/7 access to Doula/CBE via email, WhatsApp, Messenger, text, and phone
- Develop Written Birth Preferences
- Constant contact during labour and birth
- Postpartum preparation and support
- Breastfeeding education and assistance

Virtual Childbirth-Education Package

- 34+ weeks
- One 90-Minute FaceTime/Equivalent meeting to prepare for labour and birth
- Develop written Birth Preferences
- Labour, postpartum and newborn care information

Virtual Postpartum Package

- 4- week period after birth
- 24/7 access to Doula/CBE via email, WhatsApp, Messenger, text, and phone
- Information on basic newborn care and breastfeeding support
- 2 FaceTime/Equivalent meetings to discuss clients' emotional and physical recovery and answer any questions or concerns