

2024 Nurtured Mommy Services

Daytime Postpartum Support	\$40/hour
Overnight Postpartum Support	\$50/hour
In-person Breastfeeding Support	\$40/hour
Class Make-Up Session or Refresher	\$40/hour
Nesting, Baby Prep, or Organizing	\$40/hour
HypnoBirthing Group Class (5 sessions, book, booklet, audio tracks)	\$350
HypnoBirthing Private Class (5 sessions, book, booklet, audio tracks)	\$700
Ready to Give Birth One-Day Private Class	\$500

The Birth Doula Package

3 prenatal visits
Phone, text and email consultation during pregnancy
Access to lending library
On call time
Back-up doula
Phone support during early labor, as needed
In-person support during active labor and birth
Breastfeeding support immediately following birth, if desired
1 postpartum visit in your home
\$1800

The HypnoBirthing Package

The Birth Doula Package
HypnoBirthing Group Class
HypnoBirthing, The Mongan Method book
HypnoBirthing booklet
HypnoBirthing audiotracks
1 additional postpartum visit in your home
\$2000

The Breastfeeding Package

Breastfeeding preparation discussion

Access to lending library

Assistance within 24 hours of baby's birth, whenever possible

Breastfeeding basics education

1-2 hours of breastfeeding support every day for a week

Watch you and guide you in learning to breastfeed, lending a helping hand

On call 24-7 to answer breastfeeding questions over the phone

\$700

The Nurtured Mommy Package

The Birth Doula Package

The Breastfeeding Package

One 4-hour daytime postpartum shift

One 8-hour overnight postpartum shift

\$2800

The Ultimate Nurtured Family Package

The Birth Doula Package

Your choice of a private or group childbirth class

The Breastfeeding Package

Three 4-hour daytime postpartum shifts

Three 8-hour overnight postpartum shifts

\$4000