

**Becky Gerson, CD(DONA), HBCE**  
**Birth and Postpartum Doula**  
**HypnoBirthing Childbirth Educator**  
**Phone: (310) 560-6850**  
**becky@nurturedmommy.com**  
**www.nurturedmommy.com**



## **Nurtured Mommy Services**

<b>Daytime Postpartum Support .....</b>	<b><i>\$40.00/hour</i></b>
<b>Nighttime Postpartum Support .....</b>	<b><i>\$50.00/hour</i></b>
<b>In-person Breastfeeding Support .....</b>	<b><i>\$40.00/hour</i></b>
<b>Class Make-Up Session or Refresher .....</b>	<b><i>\$.40.00/hour</i></b>
<b>HypnoBirthing Group Class (5 sessions, book, booklet, audio tracks).....</b>	<b><i>\$350/series</i></b>
<b>HypnoBirthing Private Class (5 sessions, book, booklet, audio tracks).....</b>	<b><i>\$700/series</i></b>
<b>Ready to Give Birth One-Day Group Class.....</b>	<b><i>\$100/class</i></b>
<b>Ready to Give Birth One-Day Private Class .....</b>	<b><i>\$600/class</i></b>

### **The Birth Doula Package**

2 Prenatal Visits

Phone, text and email consultation during pregnancy

Access to lending library

On call time for the weeks surrounding your estimated due date

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, including breastfeeding support

*\$1650.00*

### **The HypnoBirthing Package**

HypnoBirthing Group Class

The Birth Doula Package

1 additional prenatal for labor practice and baby preparedness

*\$1800.00*

### **The Breastfeeding Package**

Breastfeeding basics and getting off to a good start

Assistance beginning within 24 hours of your baby's birth

1-2 hours of breastfeeding support every day for the first week of baby's life

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

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

Access to lending library of educational breastfeeding DVD's

\$600.00

### **The Nurtured Mommy Package**

The Birth Doula Package

The Breastfeeding Package

One 4-hour daytime postpartum shift

One night of postpartum support (8 hour shift)

\$2400.00

### **The Ultimate Nurtured Family Package**

Your choice of a private or group childbirth education series

The Birth Doula Package

1 additional prenatal for labor practice and baby preparedness

The Breastfeeding Package

Three 4-hour daytime postpartum shifts

One night of postpartum support per week for 3 weeks (8 hour shifts)

\$4000.00