

Becky Gerson, CD(DONA), HBCE
Birth and Postpartum Doula
HypnoBirthing Childbirth Educator
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www.nurturedmommy.com



Nurtured Mommy Services

A La Carte

Birth Planning Consultation	\$40.00/hour
Daytime Postpartum Support	\$30.00/hour (min 3 hour shift)
Nighttime Postpartum Support	\$40.00/hour
Breastfeeding Support	\$40.00/hour
Class make-up sessions/refreshers	\$40.00/hour

HypnoBirthing Group Class

5 sessions

Book & CD's for practice

\$350.00

Private HypnoBirthing Class

5 sessions

Book & CD's for practice

Geared towards your specific interests, questions, and concerns

\$475.00

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 Birth Doula Package

2 Prenatal Visits

Phone 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

In person support during active labor and birth

Breastfeeding support immediately following birth, if desired

1 postpartum visit, including breastfeeding support

See contract and list on www.nurturedmommy.com for more details

\$1400.00

The HypnoBirthing Package

HypnoBirthing Group Class

The Birth Doula Package

1 additional prenatal for labor practice and baby preparedness

\$1650.00

The Nurtured Mommy Package

The Birth Doula Package

The Breastfeeding Package

One 4-hour daytime postpartum shift

One night of postpartum support (10 hour shift)

\$2200.00

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

One 4-hour daytime postpartum shift

One night of postpartum support per week for 3 weeks (10 hour shifts)

\$3400.00