

Nurtured Mommy Services

Daytime Postpartum Support	\$50/hour
In-person Breastfeeding Support	\$50/hour
Class Make-Up Session or Refresher	\$50/hour
Nesting, Baby Prep, or Organizing	\$50/hour
HypnoBirthing Group Class (5 sessions, book, booklet, audio tracks)	\$400
HypnoBirthing Private Class (5 sessions, book, booklet, audio tracks)	\$800
Ready to Give Birth One-Day Private Class	\$500

The Doula Package

Two prenatal visits

Access to lending library

On call time

Back-up doula

Phone, text and email consultation during pregnancy

Optional HypnoBirthing group series

HypnoBirthing materials, if taking the class

Phone support during early labor, as needed

In-person support during active labor and birth

Breastfeeding support

1 postpartum visit

\$2,800