

# BIRTH WORKER

## SUPPORT PACKAGE



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### Contact

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## Welcome

I am so happy you have connected with me to chat about your pregnancy and upcoming birth. I am so thankful to have held space for many people during their labour and delivery throughout the years, whether in homes, hospitals or at birthing centers, in the presence of OBGYNs, Midwives and family physicians.

### What is a Doula?

A doula is a someone who commits to being ready and available to support people during their pregnancy, labour, delivery and early postpartum. No two doulas are a like, and I prefer to refer to myself as a birth best friend. While I am always working to offer support to those who hire me emotionally, physically, mentally and when appropriate spiritually, I more so would describe it as I am consistently working to ensure that your nervous-system feels safe, supported and validated as you move through the phases of labour so you can birth with ease.

Enclosed are some of the benefits I offer as a birth worker. I hope you find the right package or offering, for what you are looking for

Asha Thomas

# SPECIALTIES

## Birth from Within

The Birthing support investment covers a childbirth education, which can be accommodated for your birthing goals, inspired by my Birthing from Within training. Birthing from Within has been an amazing resource in the Birthing community for over two decades. The process supports parents in feeling ready to bring baby earth-side; physically, emotionally and mentally.

These can include, but are not limited too:

Signs and Stages of Labour, Comfort Measures with and without your Partner, Labouring and Birthing Positions, the Physiology of Birth in the Body and the Brain, Postpartum Recovery and Feeding Baby.

## Antenatal, Prenatal and Postpartum Centered Yoga

Moving, breathing and grounding of the nervous system is the ideal recipe for the birthing experience. Pregnancy and Birth is the most yogic thing I have ever done, and I am thankful to be able to bring this magical, spiritual experience to the people who hire me to be a part of their pregnancy and labour experience. Discounts are offered to my doula clients, for both private and selected group classes. Learn more about what class I am offering, and private yoga packages [Register here](#)

## Monthly Pregnancy Circle

Join myself, and my co teacher, Chantal Eder, on the last Wednesday of every month, to meet sit in circle with others who are pregnant, while learning about birth, mindfulness and more.

[Register Here](#)



Lifestyle Meditation  
CERTIFIED TEACHER



YEG Fat Birth.  
member



# BIRTH SUPPORT PACKAGES

## Seedling Package \$1100

### ***This option includes***

1 customizable prenatal visit, 1 flex visit (prenatal or postpartum), access to monthly Pregnancy circles and bi monthly online calls, ongoing communication support for questions and inquiries during pregnancy, on-call 24/7 prenatal support from 38 weeks onward, in-person day of Labour/Delivery support, immediate postpartum support and 1 postpartum visit\* (apx before week 6)

*(apx before week 6)*

## Growing \$1300

The most **popular package** because it has various options.

Perfect for anyone who **knows what they want**

### ***This package includes***

1 customizable prenatal visit, 1 flex visit (*prenatal or postpartum*), access to monthly Pregnancy circles and bi monthly online calls, ongoing communication support for questions and inquiries during pregnancy, on-call 24/7 prenatal support from 38 weeks onward, in-person day of Labour/Delivery support, immediate postpartum support and 1 postpartum visit\* (*apx before week 6*)

***PLUS any ONE add-on***

## Blooming \$1500

**This is the full package deal for anyone who wants all of the bells and whistles**

This option includes

1 customizable prenatal visits, 1 flex visit (prenatal or postpartum), access to monthly Pregnancy circles and bi monthly online calls, ongoing communication support for questions and inquiries during pregnancy, on-call 24/7 prenatal support from 38 weeks onward, in-person day of Labour/Delivery support, immediate postpartum support and 1 postpartum visit\* (apx before week 6).

***PLUS any TWO add-ons***

Additional add-ons can be purchased with a discount for either package

\*Minimum. Additional postpartum check-ins may be arranged due to postpartum mood disorders and/or infant feeding concerns



# ADD ONS

## **Birth Blessing ceremony**

Before birth an alternative to the baby shower, the focus is on the birthing person and the journey to parenthood.  
*(Includes facilitating only, materials, food and location not included)*

## **Nesting Party**

Before birth, and alternative to a baby shower, collect your closest friends and family to create meals, prep infant items and prepare for the postpartum period.  
*(Includes facilitating only, materials, food and location not included)*

## **Private Yoga**

Three (1 hr sessions) of private yoga classes  
*Additional hours can be purchased*

## **Pregnancy Belly Casting**

Recommend booking around 35-36 or 37 weeks.

## **Postpartum Doula Visit**

This choice is One (1) Three hour (3 hr) session during the postpartum period, Can be booked day or night. Must be booked at a minimum 24 hours before session *(subject to availability)*

## **Birth Pool rental**

Includes birth pool rental, the hoses and sump pump. client may be responsible for liner, depending on package.

## **Custom Prenatal or Postpartum prep class**

Client sets the topic or activity

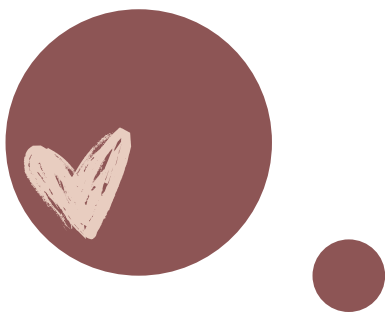
## **Baby Wearing Session**

Learn the basics of baby wearing. Explore soft structured carriers, ring slings and more

## **Donation to the Rooting Equality Fund**

A donation of \$150 will be donated to a family who otherwise would not have access to doula care





# UNIQUE PACKAGES

## Digital Doula \$1000

This package is for anyone who doesn't live within driving range, or would rather not have a doula present at the birth but wants all of the perks.

***This option includes*** 1x prenatal visit online, 1x online postnatal education class online, on-call 24/7 prenatal support from 38 weeks and during labour via text, call or video conference, and 1 postpartum online visit

## Sprouting Package prices vary - please inquire

This package is for anyone having a cesarean would like a doula to be present for their elective cesarean, does not have a partner, or has a partner who cannot attend the cesarean. No one should ever birth alone. ***This option includes*** 1x prenatal visit, 1x online postnatal education class, on-call 24/7 prenatal support from 38 weeks onward, day of support for an elected cesarean, support in recovery and postpartum, and 1\* postpartum visit

## Call the doula \$40/hr

Respectfully, a full doula package is not for everyone. Sometimes people want a doula friend to call and ask questions, or the ability to ask to bounce some ideas off of. Sessions must be booked in advance with a **minimum 90 minute/hour and a half** booking.

To check availability or book a session

**Text: 780-504-0506**

**Email: ashayogaandwellness@gmail.com**

## Returning families

I'm also SO thankful when families choose to hire me again. All returning families who choose to include me in their subsequent pregnancies will be offered specialty pricing.

\*Minimum. Additional postpartum check-ins may be arranged due to postpartum mood disorders and/or infant feeding concerns

# BIRTH SUPPORT PACKAGES

## Comparison chart

| OFFERINGS  | Seedling<br>\$1100    | Growing<br>\$1300     | Blooming<br>\$1500              |
|--|-----------------------|-----------------------|---------------------------------|
| UNLIMITED TEXTS, CALLS AND EMAILS UPON HIRING                        | included              | included              | included                        |
| BI MONTHLY ONLINE CALLS  | included              | included              | included                        |
| MONTHLY PREGNANCY CIRCLES  | included              | included              | included                        |
| BIRTH PREP VISITS  | 1 online or in person | 1 in person or online | 1 in person or online           |
| FLEX VISIT   | 1 in person or online | 1 in person or online | 1 in person in person or online |
| SUPPORT TO WRITE A PERSONAL BIRTH GOALS & WISHES                     | included              | included              | included                        |
| ACCESS TO THE TENS MACHINE   | not included          | pads not included     | pads included                   |
| CLIENT PACKAGE ADD ONS   | not included          | One session Included  | Two sessions included           |
| ON-CALL SUPPORT AT 38 WEEKS  | included              | included              | included                        |
| DAY OF BIRTH SUPPORT   | included              | included              | included                        |
| PHOTOS OF THE LABOUR, BIRTH AND IMMEDIATE POSTPARTUM                 | 5 edited photos       | 10 edited photos      | 15 edited photos                |
| DAY OF IMMEDIATE POSTPARTUM SUPPORT                                  | in person included    | in person included    | in person included              |
| IN PERSON & ONLINE POSTPARTUM CARE SUPPORT NURSING AND MENTAL HEALTH | included              | included              | included                        |
| SUPPORT TO WRITE YOUR POSTPARTUM GOALS AND WISHES                    | included              | included              | included                        |
| ACCESS TO THE LENDING LIBRARY  | included              | included              | included                        |

# PACKAGES COMPARISON CHART *Breakdown*

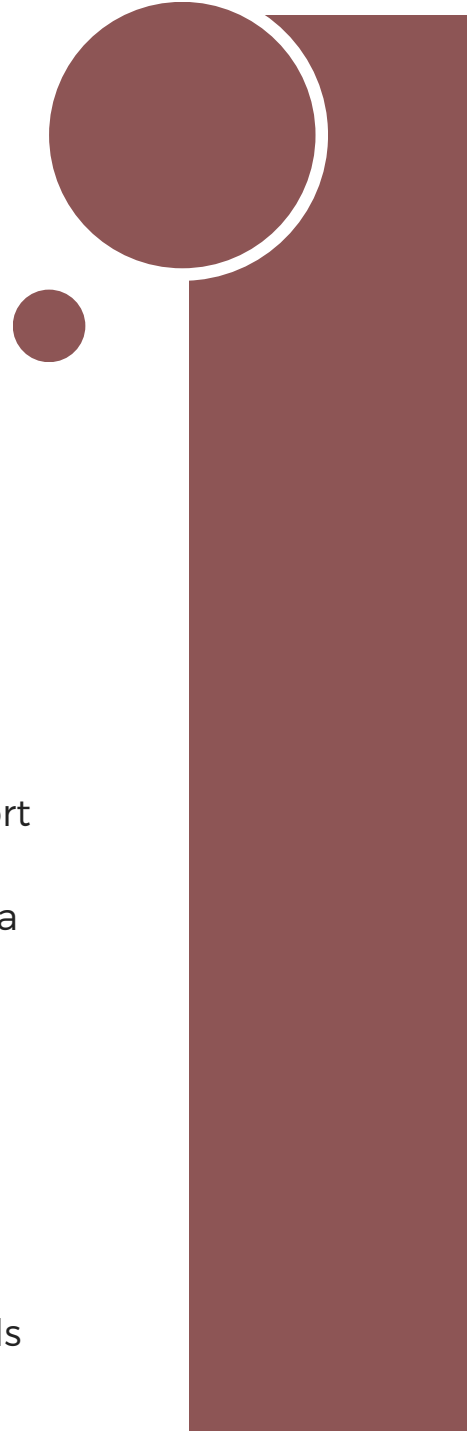
|  |  |
|--|--|
| UNLIMITES TEXTS, CALLS AND EMAILS UPON HIRING          | All forms of communication can begin to assure you feel heard and supported.   |
| MONTHLY PREGNANCY CIRCLES                              | Join myself, and my co teacher, Chantal Eder, on the last Wednesday of every month, to meet sit in circle with others who are pregnant, while learning about birth, mindfulness and more.  |
| BI MONTHLY ONLINE CALLS                                | Ran <u>once every two months</u> , join me for online calls via Google meets to learn about various prenatal and postpartum topics.  |
| BIRTH PREP VISITS                                      | These visits include discussing your goals around birth preferences and comfort measures to prepare for when you go into labour. These sessions should be booked after 30 weeks pregnant.  |
| FLEX VISIT   | These visits are customizable based on your needs. This can include an additional prenatal visit, if preferred/needed, or creating a postpartum visit to prepare for the postpartum period.  |
| ADDITIONAL ONLINE SESSION                              | These classes include Newborn care, Sibling support, VBAC prep, Cesarean prep.   |
| SUPPORT TO WRITE A PERSONAL BIRTH GOALS & WISHES       | This can be done either at a in person session or communicated over email and text.  |
| ACCESS TO THE TENS MACHINE                             | If included, this can be picked up or dropped off at the last in person session.   |
| SPECIALTY SESSION (CAN INCLUDE YOGA, MINDFULNESS, ETC) | This session is made to create a more mental and emotional connection. It can include a yoga class, a mindfulness session, help setting up the nursery, shopping, a spa visit, going for dinner, etc   |
| ON-CALL SUPPORT AT 38 WEEKS                            | All calls can be directed to my cell phone. An email will be sent out closer to the due date   |
| DAY OF BIRTH SUPPORT                                   | All changes and updates can be shared via text and phone call until I join you.  |
| PHOTOS OF THE LABOUR, BIRTH AND IMMEDIATE POSTPARTUM   | I will do my best to get photos and videos of the birth and immediate postpartum. They are taken on my phone, and with the consent of the medical practitioner(s). Photos are then edited and sent within 4-6 weeks postpartum.                                      |
| DAY OF IMMEDIATE POSTPARTUM SUPPORT                    | This time follows birth and on average lasts either until the person who just delivered is ready for me to leave, move to postpartum, or once the needs are met. Longer births may result in shorter postpartum stays depending on the best interest of all parties. |
| POSTPARTUM CARE SUPPORT NURSING AND MENTAL HEALTH      | In the postpartum time, I am always available, within my scope to support feelings and needs around infant feeding and mental health needs. Anything additional may fall into my postpartum package and require additional fees.                                     |
| SUPPORT TO WRITE YOUR POSTPARTUM GOALS AND WISHES      | Like the Birth Preferences, a template will be offered and time with be offered to plan the postpartum period of your delivery.  |
| ACCESS TO THE LENDING LIBRARY                          | Access books and magazines focusing on pregnancy, labour, delivery, postpartum and parenting.  |

# OFFERINGS

- Customized prenatal support
- Email, phone or texting support as needed
- Access to my lending library of books
- Full spectrum prenatal and postpartum education in the form of private or group\*\* workshops. Information support through phone calls, texts and email
- Access to bi-monthly online birth need-to-know classes
- Access to monthly pregnancy circles
- Use of Birthing ball, Cub, and peanut ball upon request
- TENS machine, and other birth tools available\*
- Use of birthing pool and the tools to support water births \*
- Various options of how you want your doula support to meet your family needs \*
- Photography of the labour and birth\*
- Continuous, uninterrupted support during your labour and birth\* Immediate support after the birth of your baby, during the recovery phase.
- At least one postpartum visit or as many visits needed to help establish nursing goals and help families get off to a good start.
- Access to postpartum doula care throughout, but not limited to the first year.

\*Varies based on package chosen for your experience

\*\* When being offered



# BIRTH/POSTPARTUM CLASSES

## Birth Prep

In this class is in person and is great for individuals who benefit from learning in a group setting, no matter your learning style. There is some sharing of ideas but it is not required. Engage in thought provoking conversations, learn what evidence-based information is and join exciting activities to learn about the process of pregnancy, birth and postpartum care. Length: 6 hours Offered apx every 6 - 8 weeks

## VBAC Prep Class

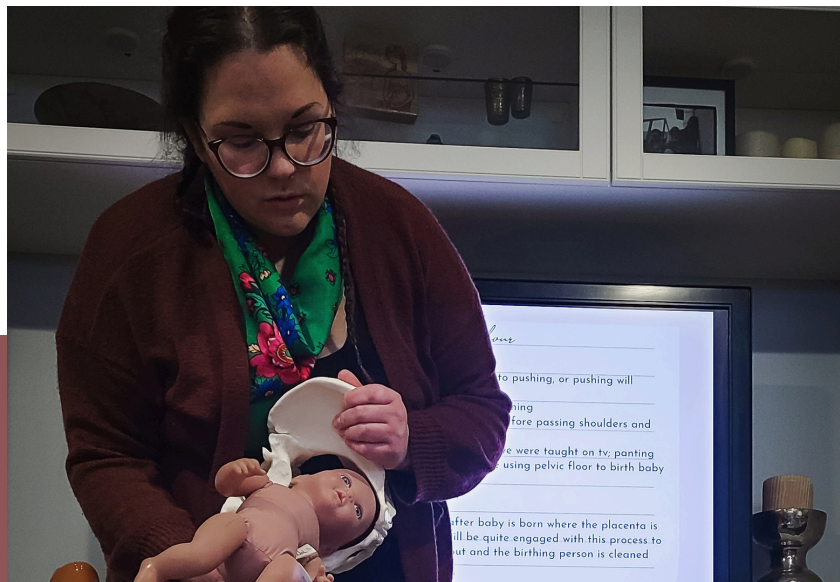
In this class is great for individuals who has had a previous cesarean birth, and is preparing mentally and physically to have a vaginal delivery for their subsequent birth(s)  
Length: 3 hours Offered online

## Cesarean Prep Class

In this class is important for individuals who are having an elected cesarean birth for any reason. During this class we will discuss what to expect and how to prepare yourself emotionally, mentally and physically, both for the delivery and the postpartum period.  
Length: 3 hours Offered online

## Sibling Prep Class

A class for any parent bringing home a new baby, this class is geared to prepare for the big sibling(s) to prepare mentally and emotionally for a new baby. Using my experience and professional scope as an Early Learning and Child Development specialist this class will add tips, tricks and developmentally appropriate expectations of the older sibling. Preparing the older child(ren) for a home birth can also be covered in this class.  
Length: 3 hours Offered online





# REVIEWS

**I don't have words to describe how blessed we feel to have had Asha's guidance and wisdom throughout our journey to parenthood.**

I feel that she went above and beyond for us, she was warm and kind and above all else she made me feel valid as a fat pregnant person. I was on the fence about hiring a doula at first but I'm so glad we did, we wouldn't have been able to navigate our "difficult" midwife situation without her. If you are at all questioning whether you should go the doula route, I 10000% recommend doing it and choosing Asha. I wish I had more time on my hands to write a novel about how amazing this woman is, but I don't so you'll just have to take my word for it!

Justine

**[Find More Testimonials here](#)**

**Asha was everything we needed for the birth of our babe and I cannot recommend her enough!**

She provides great education and enabled me to have strength to stand up for myself and what I wanted in my appointments and in labour. She was encouraging and calming and knew just when to lead me to the next, right cue. We had an absolutely amazing birth experience and I know that we owe so much of that to her. We love her energy and are so appreciative to have had her as part of our experience.

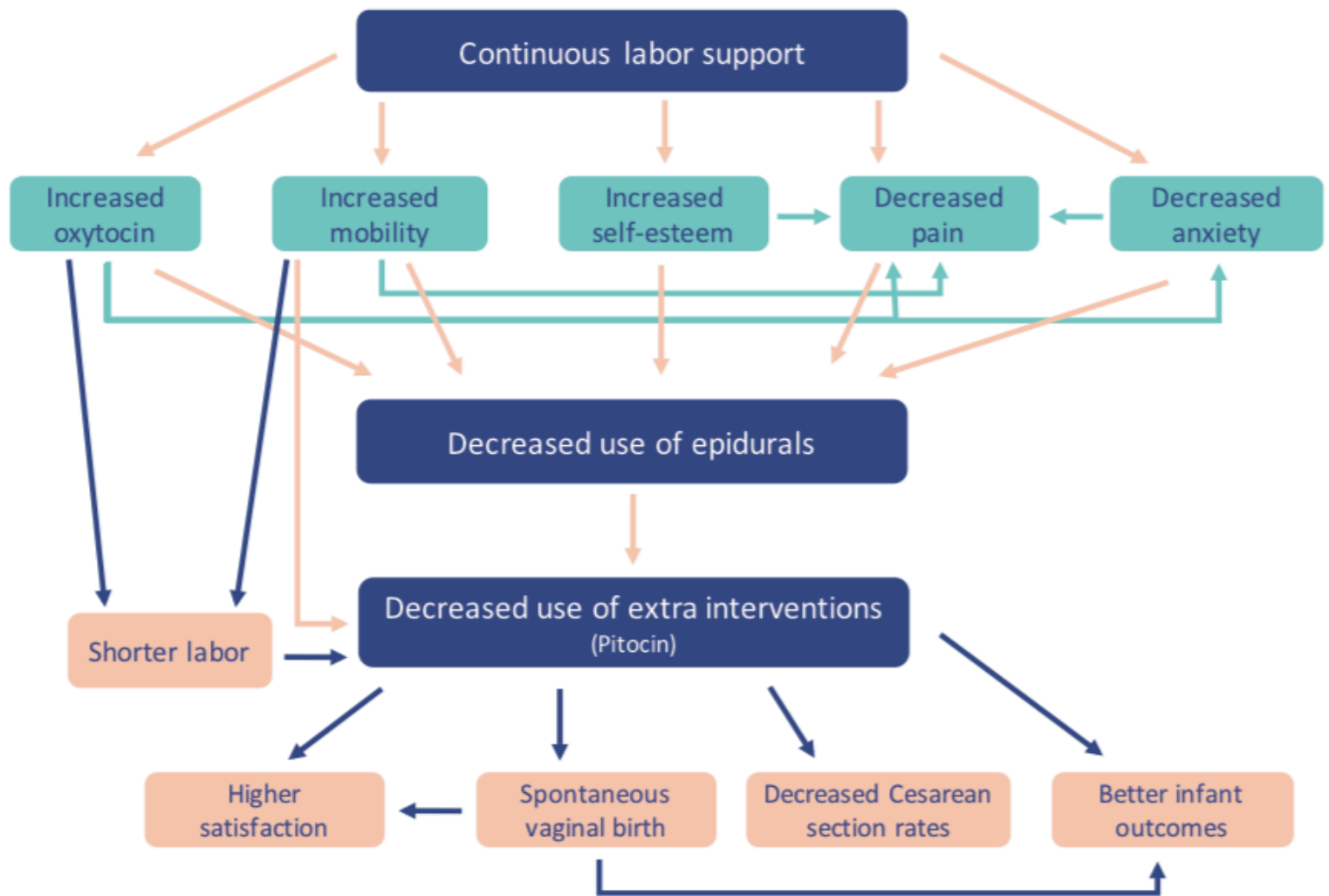
Stacey

**Asha had such an amazing and calming energy at my birth, and my midwives were super impressed with her too.**

She's great with siblings and got some beautiful photos too. Highly recommend.

Mae

## Conceptual Model for Continuous Labor Support (revised 2017)



When you have  
**CONTINUOUS LABOR SUPPORT**  
you and your baby are more likely to have  
**BETTER OUTCOMES !**

**25%** decrease in the use of Cesarean

**8%** increase in the likelihood of spontaneous vaginal birth

**10%** decrease in the use of any medications for pain relief

**38%** decrease in the baby's risk of a low 5-minute Apgar score

**31%** decrease in the risk of being dissatisfied with the birth experience

+ shorter labors by about 41 minutes on average

Hodnett et al. (2012). "Continuous support for women during childbirth." Cochrane database of systematic reviews: CD003766

## What comes next?

If you would like to book an interview I would love to sit down with you online to see if we would be a good match for your upcoming birth. If you prefer in person, please let me know and we can make that happen too.

Meetings can be booked via email or text to the contacts below.

With Kind regards,

Asha Thomas



### Contact

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[ashayogaandwellness@gmail.com](mailto:ashayogaandwellness@gmail.com)