



# GLORIOUS MOMENTS

*Birth & Postpartum Services*

Postpartum Services  
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Learn More About Brittney

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# *Postpartum* SERVICES



What is a Postpartum Doula and how can one help me?

Postpartum Doulas are trained professionals that provide physical, emotional/spiritual support and guidance to a newly postpartum mother and the rest of the family. The Postpartum Doula is a reference point, assistant and resource for the family in the postpartum period.

A Postpartum Doula works with the parents and can assist the family in making the transition to parenthood for the first time or adjusting to additional new siblings. Supporting successful breastfeeding is often a key element of care. The Postpartum Doula does not take over infant care but supports and assists the family in learning about newborn, self and family care. They work to empower parents and family members in feeling secure in their care skills.

A Postpartum Doula will not give medical advice or perform any medical procedures. They do offer education, support and assists the family in finding answers and resources. Postpartum Doulas work well with children, are patient, non-judgmental, communicate well and are knowledgeable about newborn care and breastfeeding. Postpartum Doulas are helpful for all types of mothers and all types of birth experiences. They can also be used by adoptive families or families of multiples

*Postpartum Support is Essential*

# DAYTIME SUPPORT PACKAGES

## AFTERGLOW

32 Hours - \$1600

Nervous about adjusting to parenthood and taking care of your newborn baby? This package is meant for you. During our time together you will receive help with breastfeeding or bottle feeding and understanding the basics of caring for your baby (diapering, cord care, circumcision care, bathing, etc.). I will tidy up around the house so you can focus on your baby and learning all the new things parenthood brings. Recommendations and suggestions for postpartum healing will be provided so that you can rest, recover and heal well after your birth. You will gain confidence and feel much more at ease about your ability to take care of your precious new baby.

## LUSTER

64 Hours - \$3200

In addition to all the care that comes with the Afterglow package, this package includes learning all about newborn cues and how to best meet your baby's needs. You will also learn how to wear your baby in that wrap or infant carrier you have (or we can practice with one I bring). If you have a few meals you would like made so you can sit back and enjoy your baby, I am more than happy to do so. I would love to make you breakfast and then get started on the learning and tidying that needs to be done during our time together.

## BRIGHT BEGINNINGS

96 HOURS - \$4320

With the Bright Beginnings package you'll receive all of the fantastic care that comes with the Afterglow and Luster packages, as well as having grocery shopping done for you. Have some specific meals you want made but don't have the ingredients or running low on the staples - then I'm on it! During our time together I will teach you infant massage techniques so you can comfort, soothe and bond with your baby. I will also draw up an herbal or sitz bath for you- necessary supplies provided by me and included in your package. I look forward to helping you feel confident, rested and cared for during the early weeks of your fourth trimester.

### Each Package Includes:

- Postpartum Care Planning Session
- Listening to your needs/concerns patiently and without judgment
- Helping you process your birth or adoption experience
- Supporting your parenting style
- Offering resources specific to your needs
- Making suggestions to improve your comfort and recovery after birth
- Assessing and discussing any changes or important needs when I arrive

# *Postpartum Services Cont.*

## A LA CARTE

Brittney is happy to provide postpartum services A La Carte (when scheduling allows) as well as tailor making packages to fit your families needs

**A La Carte \$50/hr**

**Tailor made packages of 75+ hours \$45/hr**

## OVERNIGHT CARE

\$55/hr

Overnight packages are meant for parents who want to focus on learning newborn sleep habits, soothing tips and general night time care. The purpose of this package is to facilitate greater rest and understanding of what to expect from a newborn at night. I will be with you overnight, for 8-10 hrs., depending on the coordinated schedule. Please inquire for more details about what a night could like with my support.

# Our PROCESS



## 1 Consultation

I always meet with potential clients for a 30-45 minute virtual consultation to assess if we are the right fit and discuss how I can support rest, healing and recovery after the birth of your child(ren).



## 2 Contract & Invoicing

During or following our consultation, when you are ready to secure a spot on my calendar for your estimated due date, you will have the opportunity to review the contract and ask any questions you may have. Once I have received your signed contract, I will send you an invoice for services. 50% of the package price is due at contract signing, and the remaining balance is due by 36 weeks gestation. Please reach out to discuss payment options if you are already at or beyond 36 weeks.



## 3 Postpartum Planning Session

We will jump on a zoom call and plan your package, hours, and tentative schedule. I will learn more about you, your family, the new baby and where I can locate things within your home to best support you. We will also discuss what your needs and priorities are. As we move closer to your due date, I will reach out periodically to check on you and ask that you notify me as soon as you are in labor (if possible) or once the baby is born, so that I can plan ahead for your postpartum care shifts.



## 4 Postpartum Care Services

Once your baby is born, we will schedule a call to settle on dates and times for postpartum care services. Services will begin at an agreed upon day/time and will be completed once your package hours are used. You are always welcome to inquire about securing more hours if you would like to and my availability allows it.



*Best*  
**BRITTNEY**

Brittney is a Hypnosis Certified Hypno-Doula, Certified Lactation Counselor and Postpartum Doula. She works to help families overcome the fear of childbirth through preparation and adjust to life as new parents through education, support and respectful care. She approaches pregnancy, birth and postpartum with a positive mindset and respects the unique needs of each family.

Brittney is passionate about education. She has attended many workshops and classes relating to pre-and postnatal care. She has served families in the DMV and Oklahoma for ten years. Brittney has also trained and served as a Postpartum Doula for 8 years.

Prior to becoming a birth doula, Brittney served the elderly in both assisted living and homes as CNA/HHA. While doing that she gained a great appreciation for life and the joy that we can both give and receive by advocating for, loving on, and respecting those we care for. Working with the elderly offered her a great foundation for caring for pregnant women, their partners and their infants during another stage of life that can feel so raw and sometimes foreign.

Brittney is the mother of four bright and rambunctious children. She gave birth to each of them unmedicated utilizing self-hypnosis, her own doula's invaluable support and respectful care providers. When not supporting her fantastic clients Brittney enjoys dancing, watercolor painting and getting outdoors to soak up the sunshine. Brittney enjoys the balance of raising her children while fulfilling her calling and passion in birth work. She looks forward to continuing to serve families as a birth doula and aspires to become a midwife.

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*Let's get in touch*

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