

Wilmington Coastal  
**Douglas**

North Carolina Coast's Premier Full Service Doula Agency



**WELCOME PACKET**

# Congratulations!!

Hi!! 🙌

We are so glad you have reached out for support for your family! Becoming a parent for the first or fifth time is big change and nonjudgmental support is a must!

With so many questions regarding pregnancy, labor and birth our doulas have you and your family covered! Once you bring your sweet little squish home and you are faced with even more unknowns, loss of sleep, hormonal changes, recovery from giving birth and round the clock baby care, we have THE Postpartum & Infant Care Doulas to walk alongside you.

With a variety of services to meet your needs and the reliability to do so, you've come to the right place.

We're glad you're here,

*Your WCD Team*

[www.wcdoulas.com](http://www.wcdoulas.com)

[info@wcdoulas.com](mailto:info@wcdoulas.com)

910.707.4507





## What You Can Count On

**Unbiased support-** Your doula will follow your lead when it comes to your parenting decisions. She will not steer you into another direction, but encourage you and support you through YOUR desires.

**Predictability-** Birth and parenting are unpredictable and even the best laid plans can change. Rest assured your doula is familiar with the unpredictability of life with a baby. With her knowledge and calming presence, she can help you find security in the uncertain.

**Professionalism-** Through our working relationships with local professionals we have created a cohesive team approach with your providers to meet the needs that might arise for you.

**Available-** Through text, email, in person support or phone call, you can count on WCD to be available for whatever you need.





# POSTPARTUM SUPPORT

Bringing your baby home is exciting and can also carry moments of overwhelm. From recognizing early signs of postpartum mood disorders, emotional support, physical healing after birth to feeding, sleeping, and soothing your baby, your **Postpartum & Infant Care Doula** is able to be by your side through the early weeks or long term!

**Intermittent Care:** You choose the number of hours you want and number of weeks you'd like to use them. This contract is built to your specifications. 1/3 is paid at signing and is \$35/hour

**5 Day Live In:** Your doula comes to you on the day you specify and stays for five consecutive 24 hour periods with a daily 4 hour break for doula. Total of 100 hours due at signing and is \$32/hour

**Long-Term Care Package:** Minimum of 500 hours and you have up to baby's first year in which to use them. 1/3 is paid at signing. \$33/hour

**LEARN MORE!**





# BIRTH SUPPORT PACKAGE

- In-home or virtual consultation
- Unlimited phone and email support from the moment you become a client
- 2 prenatal appointments
- 24/7 on-call support as soon as you become a client
- Unlimited phone support in early labor
- Face-to-face support when doula is requested
- Doula team provided for built in back up
- Postpartum visit within 10 days after birth
- Your customizable postpartum planning workbook

**INVESTMENT: \$1350**

***Payment plans are available.***





# SLEEP COACHING

## VIRTUAL

- 1 hour consultation
- Personalized sleep plan including zoom to discuss
- Scheduled bedtime support for first 4 nights {3 hours each night}
- Unlimited phone and email support for 2 weeks
- Phone call check in at week 1 and 2

**INVESTMENT: \$750**

## IN-HOME

- 1 hour consult
- Personalized sleep plan including zoom to discuss
- 4 nights with sleep coach in home for 12 hours each night to implement sleep plan
- Unlimited phone and email support for 2 weeks
- Phone call check in at week 1 and 2

**INVESTMENT: \$2,650**

***Payment plans are available.***

# PLACENTA ENCAPSULATION

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**Placenta what?** If this idea is new to you, you're not alone! This service is becoming more and more widely used by families today.

While the benefits of placenta encapsulation have not been researched by the FDA, the anecdotal evidence provides you with the possibility of lessening your risk of postpartum mood and anxiety disorders, replenishing your iron supply, supplying you with extra energy and some women claim to have experienced an increase in breast milk production.

Lots of women are deciding to have their placenta encapsulated after talking with fellow moms about how it was beneficial for them. While this service is provided in your home, our process is sanitary and open to clients having as little or as much involvement as they'd like!

**Investment:** Capsules \$300 Tincture \$20

**[LEARN MORE & BOOK HERE!](#)**



# CHILDBIRTH EDUCATION CLASSES

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## **Communication & Comfort:**

In this 2 hour mini class you will walk away with how to effectively communicate your labor and delivery desires, different comfort measures for a medicated or non-medicated birth and multiple birthing positions. It is a perfect refresher for the experienced parent and great for medical professionals who already know the logistics, but would like some more ideas on how to support their partners.

**Investment:** \$150/private-\$75 for groups of 3 or more

## **Childbirth Basics:**

In addition to our Communication & Comfort class, Childbirth Basics also adds in the stages and phases of labor and delivery, as well as, tips on writing your birth plan. The 3 hours we are together will give you and your partner the tools to cope during labor with or without pain medication. There is knowledge in power and knowing what is normal to expect can instill strength and reduce fear.

**Investment:** \$225/private-\$125 for groups of 3 or more

## **Childbirth Expert Class:**

This is the class of all classes! 9 hours (divided up or kept as is for your convenience) FULL of information. You will finish up having soaked up the entire process of labor and birth, the how, when and why of everything that happens, while keeping it fun and hands-on. Gain an understanding of options to help alleviate common pregnancy complaints, post-birth recovery, postpartum planning and more!

**Investment:** \$575/private-\$400 for groups of 3 or more

**VIRTUAL OR IN-PERSON AVAILABLE!**

**[SEE MORE CLASSES!](#)**





# INFANT FEEDING SUPPORT

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**With an Infant Feeding Specialist in your home** you will receive support that is an essential part of helping you achieve your infant feeding goals. With our packaged plan you will have that guaranteed support until you are able to see an IBCLC {lactation consulstant} or your baby's medical provider.

**Investment:** \$400 for 5 in-person or skype consults to be used within baby's first year. Hourly visits provided as needed.

**LEARN MORE!**

# PREGNANCY SUPPORT

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## RECOMMENDED PACKAGES

### Breather

25 hours used for those extra time consuming projects like meal prep, baby gear set up and nursery organization.

**Use in 4 weeks-\$875**

### Intermission

Consistent support 3 days a week {4 hours each} allowing you to to keep up with responsibilities, plan for baby and get the rest you need.

**4 weeks-\$1,680**

### Your doula can help you with:

- Food preparation/meal planning
- Formula/breastfeeding planning
- Cloth/disposable diaper planning
- Baby wearing prep
- Baby product shopping
- Baby gear set-up
- Nursery planning and set-up
- Emotional support
- Family bonding
- Sibling support
- Light housekeeping

***Payment plans are available.***

**Hourly Care Investment:** Our daytime support is available for 4 or more hours a day. Starts at \$35/hour



*Leanne Haskins*

## Classic Maternity

5% off any WCD service when you book ANY service  
with Leanne Haskins Photography





D A N A  
L A Y M O N



PORTRAITS FOR THE GIRL NEXT DOOR

## MATERNITY BOUDOIR

5% off any WCD service when you  
book a maternity session with  
Dana Laymon Photography

[danalaymonphotography.com](http://danalaymonphotography.com)

