



North Carolina Coast's Premier Full Service Doula Agency



WELCOME PACKET

Congratulations!!

Hello!

We are so glad you have reached out for support for your family! Becoming a parent for the first or even fifth time comes with change and with that, nonjudgmental support is a must.

With the many questions regarding pregnancy, labor and birth our Certified Doulas have you and your family covered! Once you bring your brand-new baby home and you are face to face with 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
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.

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





POSTPARTUM SUPPORT

For daytime postpartum doula support, we offer a minimum of 4 hour shifts per day. For overnight support, we offer 8 hour shifts. And, for some, adjusting to a new baby while managing a busy home schedule requires round-the-clock assistance.

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 \$40/hour

5 Day Live In: Your doula comes to you on the day you specify and stays for five consecutive 24 hour periods. Total of 120 hours due at signing and is \$37/hour

Long-Term Care Package: This package is a minimum of 400 hours and you have up to baby's first year in which to use them. 1/3 is paid at signing and is \$37/hour

[LEARN MORE!](#)





BIRTH SUPPORT

- You begin with a complimentary in-home or virtual consultation with your doula team
- Doula team provided for built in back up and ultimate availability
- Unlimited phone and email support from the moment you hire your doula team through the remainder of your pregnancy
- 2 prenatal appointments with your on-call team to first discuss your birth options and your wishes for your birth - and the second to review your expectations for your postpartum period
- 24/7 on-call support as soon as you hire your doula team
- Unlimited phone support in early labor
- Face-to-face support when your doula is requested
- In home postpartum check in within 10 days after birth

INVESTMENT: \$1550

Payment plans are available





SLEEP COACHING

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VIRTUAL

- 1 hour consultation
- Personalized sleep plan including 1 hour zoom call 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 end of week 1 and 2

INVESTMENT: \$550

IN-HOME

- 1 hour consultation
- Personalized sleep plan including 1 hour zoom call 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 end of week 1 and 2

INVESTMENT: \$1,550

Payment plans are available

PLACENTA ENCAPSULATION

Do you desire:

- Increased production of the feel-good hormone oxytocin?
- A decrease in possible postpartum mood disorders?
- Vital nutrients to restore your iron levels after birth?
- Improved mood and overall well-being?
- A boost in energy and milk supply?

These are just some of the benefits our clients consistently share with us. While placenta encapsulation for the purpose of ingestion is not well researched, the anecdotal evidence reported by those who choose it are astounding.

If you are interested in experiencing the plentiful benefits of placenta ingestion through encapsulation, we would love to hear from you.

Investment: Capsules \$325 - Tincture add on \$20



CHILDBIRTH EDUCATION CLASS

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Childbirth Education Class (virtual group class \$75, private class \$190, contact for dates)

- How to build your confidence in your ability to give birth. You got this!
- How your partner or support person can become your best asset
- Relaxing positions for labor progression
- Breathing techniques
- Massage techniques
- Decreasing emotional stress and anxiety, while increasing feelings of power and peace
- The physiological birth processes
- Tools to advocate for yourself and your wishes

INFANT FEEDING CLASS

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Infant Feeding Class (virtual group class \$75, private class \$190, contact for dates)

This class empowers expectant parents to approach infant feeding with confidence and clarity. Our infant feeding class will cover:

- Challenges with breastfeeding
- Breastfeeding positions
- Alternative means of milk transfer
- Paced feeding
- Expression and storage of breastmilk
- Bottle feeding
- Tried-and-true methods of proper latching
- Sanitizing and safety practices
- Burping your baby
- And so much more!



NEWBORN CARE CLASS

Newborn Care Class (virtual group class \$75, private class \$190, contact for dates)

We understand that parenthood is complicated. It does not always come easily. This class provides loads of easy-to-understand tips, tricks and evidence-based information to help you and your baby thrive!

Topics include:

- Parenting philosophies
- Sleep (both day and night)
- Breastfeeding, bottle feeding, and pumping and storage
- Comforting and soothing your baby
- Bathing your baby
- Caring for yourself during recovery
- And so much more





INFANT FEEDING SUPPORT

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 consultant} or your baby's medical provider and then to continue with the support of your IFS throughout your journey of feeding your baby!

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

LEARN MORE!