

Doula Support Schedule

Initial Connection & Preparation

- **Initial Consultation**
A free 30-minute virtual or in-person session to connect, answer questions, and ensure we're a great fit.
- **Contract Signing + Intake Form**
Complete paperwork, pay deposit, and officially reserve your birth window.
- **Welcome Packet Sent**
Includes resources, scheduling options, and information to start preparing.

Prenatal Support Begins

- **First Prenatal Visit**
In-person or virtual session to talk about your pregnancy, preferences, comfort measures, and birth goals.
 - **Add-ons: Birth Plan Creation Session, Resource Library Setup**
- **Messaging Support (Ongoing)**
Ask questions and get evidence-based support throughout pregnancy.

Deeper Preparation & Comfort Techniques

- **Second Prenatal Visit**
Practice hands-on comfort measures, breathing, and labor positions. Birth partner can attend.
 - **Add-ons: Birth Partner Lesson, Wellness Support, or other scheduled session**

On-Call Period Begins + Labor Support

- **On-Call Support Starts (37 Weeks)**
24/7 availability begins, with check-ins as your due date approaches.
- **Labor & Birth Support**
Continuous in-person (or virtual if needed) support during labor, including comfort techniques, encouragement, and advocacy.

Postpartum (Within 1–2 Weeks After Birth)

- **First Postpartum Visit (Within 5–7 Days)**
Support with newborn care, breastfeeding, emotional check-in, and your recovery.
 - **Add-ons: Birth Story Processing, Newborn Keepsake**
- **Second Postpartum Visit (Week 2 or 3)**
Continued support, including sleep, feeding, and infant soothing guidance.
 - **Add-ons: Wellness session, Meal Preparation Support, additional postpartum visits scheduled weekly**
- **Ongoing Text/Phone Support for 4 Weeks**

