

# BUNDLE BIRTH © 2019-2020 BIRTH VIRTUAL PACKAGES + PRICING

	A-la-carte Bundle	Virtual Bundle	Virtual VIP Bundle	Birth Coaching
<b>Pre-birth</b>	Free Consultation 1 online prenatal visit Phone/text support throughout	Free Consultation 2 online prenatal visits Phone/text support throughout	Free Consultation Unlimited online prenatal visits (rec 4-7)	7 Online Sessions
<b>Education</b>	A-la-carte	Access to All Class Bundle (Childbirth Class & Coping with Labor Class)	Online Childbirth or VBAC Class Online Coping with Labor Class Online The After Birth Plan Class Online Infant Safety & CPR Class	Online Childbirth Bundle or VBAC Class Online Coping with Labor Class Online The After Birth Plan Class Online Infant Safety & CPR Class
<b>Back-up coach</b>	Used if other clients in labor	Second priority for use of backup	First priority access, least likely to use back-up doula	N/A
<b>Coaching</b>	Online Prenatal Visit	2 Online Prenatal Visits	Full Coaching Workbook (8 sessions) - 180 pgs of resources/info/prompts	Full Coaching Workbook - 180 pgs of extra resources/info/prompts
<b>Extra Resources</b>	Birth Plan Packing List 37 week protocol	All of the Basic Bundle handouts listed PLUS Stages of Labor Cheat Positions for Laboring Birth Ball Guide Birth Affirmations 10 pg step-by-step partner guide	All of the other handouts listed PLUS Birth Coaching Workbook (see above)	All of the resources listed.
<b>Products</b>	None	Corona Kit: all the essential items you need for laboring success! I send you a "care package" of goodies I usually bring to births to help set the mood, etc. Birth ball.	Virtual Bundle Essential Oil Peri Spray 3 Full-Size Labor Essential Oils doTERRA Personalized Birth Affirmation	None
<b>Birth Support</b>	Intermittent phone/text support. No on-call. If I am available (not with clients) I can come to you in-person for an hourly fee.	On-call at 38 weeks until birth Intermittent or constant virtual support while in the hospital/at home.	On-call at 38 weeks until birth In-person support in the home if in LA Intermittent or constant virtual support while in the hospital	None
<b>Postpartum Support</b>	Phone/text Support with Referrals	Online Postpartum Debrief Phone/text Support with Referrals	+ Initial online breastfeeding consultation with Goldilacts	1 online session (session 8)
<b>Extra Perks</b>	If you receive consent from your provider, ability for RN to perform sterile vaginal exam(s) at home if in LA area. Consent provided for you to bring to your provider.		+ 10% off follow-up visits with Goldilacts 1-hr online session with Alyssa Berlin, perinatal psychologist (session 5) 1-hr baby registry review session -Bump Bestie	1-hr online session with Alyssa Berlin, perinatal psychologist (session 5) 1-hr baby registry review session -Bump Bestie
<b>Pricing</b>	\$3000 for virtual support \$200/hr in-person	\$5500	\$7500	\$3500

Upgrade available for the BIG & VIP Packages to full in-person if per hospital policies I am allowed to be present for an additional cost

HEALTHY MOM

HEALTHY BABY

HEALTHY BIRTH MEMORY