



*Greetings!! We're really excited and honored to be considered as a part of your journey into parenthood. This handout will help give you a better idea of who we are, how we operate, and provide you with a menu and description of the amazing services we provide.*

### **About Crowning Lotus:**

Crowning Lotus is more than a group of doulas – we are your community! Founded in 2009 by Juliea Paige, a DONA certified Birth Doula, it became quite clear that something was missing from the certification process and the West Michigan area – and that thing was support and community not only for expecting parents, but also for birth workers. She began hand training new doulas and building a team of unique and qualified individuals to work with while also working side by side with many skilled members of the community, putting together events and trainings and even assisting in opening up Grand Rapids FIRST birth and community center – Cedar Tree Birth & Wellness. Crowning Lotus has grown into West Michigan's finest and most progressive and diverse team of Birth and Postpartum Doulas, Sacred Pregnancy/Postpartum instructors and a Sacred Whisper writer. All of them are unique and multifaceted offering a wide range of goods and services for the community to enjoy.

### **Crowning Lotus Teams WORK!**

#### **On Call Rotation:**

Did you know that the average span of a doula career is roughly 5-6 years? This isn't because doulas lose the passion for what they do (although, we're sure this happens), but because living life on call is extremely demanding on them and their families. Because we work with a team of highly qualified women, we are able to support each other and back each other up whenever necessary. To help make being a doula more sustainable, we have put a policy into place which allows each doula to take 1 week per month to be 'off call' (the week that is chosen is a week she is least likely to be called into a birth). During this week, if any of her clients go into labor she will simply call in one of her back-ups who will attend the birth. This policy helps balance a doula's home life with a life on-call, ensuring that we can take on more clients for many years down the road.

Each of our clients are encouraged to participate in support groups and Crowning Lotus events in order to get to know any of the potential back up's who may be there for support. Our final prenats are also done in a group setting where each doula is in attendance so we're sure that you know and are comfortable with everyone. If ever you are not, or, if there is a doula you particularly prefer if your doula is not on call, simply let your doula know.

#### **Doula Assistants:**

Crowning Lotus provides doulas with the unique opportunity for extensive training. We work hard to ensure that each of our team members are trained and supported to the highest standard. Each doula spends a great deal of time shadowing and learning from senior doulas before attending births alone. This ensures that we are all on the same page and that the standard of what a doula should (and should not) be doing in births is set and respected. It's also quite handy to have two doulas – working with us is like getting 2 doulas for the price of 1!

However, If you have strong feelings about NOT wanting an assistant at your birth, you simply need to let us know and we will make the necessary adjustments to meet your needs. Not all of the doulas on our team work with assistants, so there are options for everyone!

## Birth Doula Services:

Fees are based on experience. All doulas provide the same services and work within the same standard of practice. Each doula charges her own rate within the range provided. You will need to ask directly about her current rates.

<b>Level 1</b>	<b>5 - 10 Births</b>	<b>\$550</b>
<b>Level 2</b>	<b>10 - 25 Births</b>	<b>\$575 - 700</b>
<b>Level 3</b>	<b>26 - 45 Births</b>	<b>\$725 - 850</b>
<b>Level 4</b>	<b>46 - 85 Births</b>	<b>\$875 - 900</b>
<b>Level 5</b>	<b>86+ Births</b>	<b>\$925 - 1,200</b>

### **Overview Of Birth Doula Services:**

#### Prenatal Visits (minimum of 1, 3 is ideal)

##### **First Prenatal**

**(est. 2-3 hours)**

- Create a detailed Birth Plan. This will help you develop a clear and strong foundation for you to be completely informed and confident in your choices. This also becomes a valuable communication tool for you and your care providers.
- Questionnaire to help clarify how you respond to stress/pain, your expectations, and how you foresee working together.
- Receive a Folder with handouts
- Review and sign a contract

##### **Second Prenatal**

**(est. 1-1.5 hours)**

- Review your Mother/Partner questionnaire so that we can all better understand how we are to approach your birth and what our roles should be.
- Discuss comfort levels, expectations, fears, anxieties, and anything else that needs to be addressed.
- Handouts on ways to prepare your body for birth, Packing Birth Bags, What To Expect After The Birth of Your Baby, & Breastfeeding

##### **Third Prenatal**

**(est. 1.5-2 hours)**

- Discuss what labor is generally like and game plan for birth.
- Give you and your partner the tools you will need to work through your labor (breathing, relaxation, etc).
- Go over our Birth Bag so that you are comfortable with the tools and scents that we use.
- Learn Rebozo methods and positions so you and your partner can practice them together..
- Go over any lingering fears or concerns.

#### Late Pregnancy & Labor Doula support

- On-call for you 2 weeks before to 2 weeks after your due date.
- Guidance and peace of mind through the final weeks of pregnancy as well as through each stage of labor.
- Phone consult through early labor until the mom or couple has decided that they would like assistance, when that time comes it is our policy that you clearly ask for us to come in. We do not offer to come unless we think you are closer to the birth than you know. Once we arrive and are clearly in a labor pattern we do not leave until 1-2 hours after the birth.

It's impossible to say *how* we will doula each client. The mother and her body to take the lead so we can work intuitively. Sometimes it's more appropriate for us to leave the couple alone, sometimes a mom needs a doula who is hands on. Little is predictable, so, we remain flexible and ready for anything. We start by setting the mood in your birth environment. Dimmed lights, cleared space, good smells and soft music – even LED candles. Our birth rooms feel calm and relaxing, helping you to feel comfortable and allow your body to open. We can also use a variety of ways to make you more comfortable such as massage, acupressure, Reiki, guided meditation, position & breathing suggestions, reassurance & moral support, rebozo, aromatherapy, and more. Basically, we are trained to see the opportunity to make things better, and, whatever we can do for you, we do.

After the birth of your baby we can offer Shepard's Purse tincture and Floadix (liquid Iron) to help you bounce back more quickly and reduce your risk of hemorrhage. We will remain with you to help get your baby latched on successfully and to make sure that you and your new family are settling in and bonding well. We also take detailed notes of each birth (unless it's too fast and we don't get the chance), then we bring back a hard copy of your notes to help you put the pieces together as well.

#### Postpartum Visit

Usually within 1-2 weeks after coming home from the hospital it is a good idea to have a follow up with your doula. Postpartum Depression is a very real thing, and some degree of sadness and overwhelming emotions is to be expected. Having the doula come back 1 or more times can be extremely beneficial to prevent and help treat this. Together we will go over your birth and help give you any suggestions and resources to help with anything you might be struggling with.

## **What Doulas do not do:**

- We do not perform clinical tasks, such as blood pressure, fetal heart checks, vaginal exams, etc. We provide only physical, emotional and informational support.
- We do not make decisions for you. We will help you get the information you need to make your own informed decisions. We will remind you if there is a departure from your Birth Plan, and will verify if this is, in fact, your informed decision.
- We will not speak to medical staff regarding matters where health care decisions are being made. We can discuss your concerns with you and suggest options. We can support you in discussions with staff as your advocate, making sure you have the opportunity to discuss concerns, but you or your partner will speak on your behalf to the medical staff.

## **Birth Doula Payment Policies**

### **Payment Structure:**

- A non-refundable deposit of \$180. at your first prenatal will reserve your “due-date” and commit us to your birth.
- Half of the remainder of your fee is due at the final prenatal
- Remaining balance should be paid at the Postpartum follow up

If needed, we accept payments as low as \$50.00 a month for the remainder of your fee, you will need to work out arrangements that work best for everyone, and a payment schedule will be made when the contract is reviewed and signed.

### **Failure To Pay:**

We work incredibly hard for our clients, each one has different needs and we spend a lot of time and energy on the research and care that goes into each family. We can only take on so many due dates per month, so, we depend on that income for that month. We are flexible with payment to help make getting this care as easy as possible, but, we have kids to feed and bills to pay, too. If a client fails to pay anything or keep in contact with us regarding their ability (or inability) to pay, they will be given a 30 day courtesy reminder, if the client does nothing, after 60 days we will have to take further action as a means to collect.

### **Failure To Provide Service & Failure To Call In Your Doula:**

A minimum of 40% of your total doula fee is non-negotiable and non-refundable, regardless of birth outcomes or time spent with you in labor. This is the bare minimum we can accept to reserve your due date, set aside the time to be on call, and, for the doula services we provide throughout the pregnancy itself through support, research, reassurance and more. If for some reason a doula can not make it to your birth and can not get a back-up doula to you in time, AND you contacted her in plenty of time (assuming you had it), we will reduce your birth fee 60%. *This does not count if the doula was in route and within an hour of when you called her in.*

**If you simply fail to call your doula in to provide services, you will still be charged the full cost of your doula services. There is always a moment to call your doula and give her a heads up (even if it's to say you suddenly had your baby). Please, don't leave your doula hanging where she is still adjusting her schedule to being on call for you.**

## **Postpartum Doula Services:**

Travel fee: 30 miles round trip included in rates. \$4/20 miles of additional distance will apply

### **In Person PP Doula Support:**

Hourly only:

6am-9pm \$28

9pm-6am \$35

3 hr minimum

travel fee applies (see above)

10% discount for booking 15hrs or more

### **New Family Starter Package: \$320**

Includes:

One visit in 1st 48 hrs

1 visit in the first week

10 hours of daytime support during the first 6 weeks

### **Doula From A Distance:**

Postpartum support via Skype:

Birth-6 weeks: 8 sessions \$160

6 weeks-6mos: 6 sessions \$120

6mos-1 year: 4 sessions \$80

6 months of phone, email, text support:  
\$150

<u>Sacred Pregnancy</u>	<u>Sacred Postpartum</u>
8 Week Sacred Pregnancy Class - \$300	BirthStory; A Journal Account of Your Labor and Delivery - \$30
4 week Birth Journey Class- \$200	Malay Floral Closing Bath Ritual - \$80 to \$150
2-day retreat - \$225	Rebozo Ceremonial Tuck In - \$150
	Postpartum Honoring Tea Ceremony (an addition to other ceremonies) - \$15
	Bengkung Belly Binds with paste starts at \$130 / Rebinding is \$25 a session
	Abdominal Massage (w/belly binding) starts at \$70

### Sacred Postpartum Services:

#### Malay Floral Closing Bath Ritual

This ceremony honors and recognizes the mama's strength and selfless sacrifice of giving birth. Experienced following postpartum healing, traditionally 44 days after delivery, the Malay bath uses flowers said to hold life and possess positive energy that refresh the mind, body and soul. You also can choose the traditional milk and honey closing bath, which uses almond milk and rose petals for a soothing candle-lit ceremony in the comfort of your home.

#### Rebozo Ceremonial Tuck In

A warming oil rubdown is given to help with relaxation before the mama is wrapped in rebozos and warm socks of flax seed. Closing the birth process is critical for so many reasons, to energetically complete the birth process, to physically heal the body and to spiritually step over the threshold from maiden to mother.

#### Postpartum Honoring Tea Ceremony (an addition to other ceremonies)

A very simple, yet profound, way of honoring a new mother. Very easily put, a ceremonial cup of tea is prepared for and given to the mother after blessings have been imparted to her. She is given the cup of tea and bowed to as a symbol of honor to her on her path. This is a great add on service or gift to any new mother or group of new mothers.

#### Bengkung Belly Binding

A traditional belly-wrapping method that relieves the strain from physical changes that occur with vertical abdominal muscles and organs during pregnancy and delivery. With Bengkung, the added support of this warm wrap provides comfort and aids in recovery time, including for the intensive healing required after c-section. Bengkung Binding is like being wrapped in the warm arms of your sisters, providing the support your tired muscles need.

Benefits of Bengkung belly binding include, but are not limited to:

- restorative positioning of abdominal muscles anatomically to encourage quicker restoration of the torso
- support of the lower abdomen and uterus to promote healing both after vaginal and surgical birth
- increased lower back support for breast feeding and pain relief post delivery
- decreased retention of water
- acceleration of contraction process of womb and cleansing of blood clots to decrease post delivery bleeding
- increased circulation to promote natural healing
- decreased overstretching of loose skin folds
- overall flatter results of stomach, faster

\*For your belly bind material, select from an array of beautiful colors, receive warm herbal belly paste and up to five home visits for re-wraps during the 12 days of care.

### Sacred Pregnancy & Sacred Postpartum Payment Policy:

Payments are accepted at the time of service or in advance.

<u>Extras:</u>		
Photography (Birth or Newborn) - \$250.00	Baby Naming or Blessing/Baptism Ceremony - \$100	Belly Casting or Belly Henna - \$35+
Blessing Way Service – starts at \$200.00	Private Baby Wearing Consultation - \$45.00	1 Reiki Session - \$65.00

### Extra Services:

**Photography (1 Pregnancy session, Labor Photography OR 1 Newborn or Breastfeeding session) – includes all your images, edited and raw.** Juliea/Lindsey can take photos while pregnant, during the birth of your child and/or newborn pics once your baby is here. We discuss in detail what angles or what shots are important to you and what you would like to avoid (ie: nothing below the waist, only pics of the baby, etc.).

**Blessing Way Service – Help with planning and executing a fun filled day in honor of the mother to be. This includes planning and supplies needed for ceremonies**

A Blessing Way could be compared to a baby shower, but in reality, there is no comparison. A Blessing Way is centered around the mother and is meant to help her create a meaningful support network through taking the time to ceremonially celebrate and honor the mother-to-be. If you want more information on this, please contact us!

**Baby Wearing Consultation** - A Baby Wearing Consultation will help you get the best use out of your baby carrier, helping you to balance your new baby with your life – which can be invaluable. Learn if your carrier is a safe carrier and how to use it – or how to make one. Also, find out how to breastfeed in it, simple tips and tricks for using your carrier on the go and more.

**Henna** - Henna is an herbal paste that gets piped onto your skin the way a cake decorator would pipe lovely designs onto a cake or cookie. It is left on to dry and flake off and then leaves a stain on the skin – a temporary tattoo of sorts. This is a really fun and relaxing way to celebrate your beautiful self – and it's completely safe! This can be incorporated into your Blessing Way or can be enjoyed as an experience of it's own. **Postpartum Henna** is a great session to book as well, the henna stain represents your healing time, serving as your visual reminder to do nothing but fall in love with and get to know your baby – and HEAL!

**Belly Casting** - Remember the shape of your beautiful belly by creating a belly cast! This can be incorporated into your Blessing Way or can be an experience all on it's own. Either way you will be left with a lovely representation of your beautifully growing body.

**Reiki Session** - Most Crowning Lotus Doulas are Certified Reiki Masters. Reiki is a healing, energizing yet relaxing way to remove energetic blockages, rebalance your chakras and prepare your body, mind and spirit for your journey into motherhood.



\*"These statements have not been evaluated by the FDA. This product/service is not intended to diagnose, treat, cure or prevent any disease."