

# Oh Baby Mine Price List

Combining any of these services is going to save you money & frustration in the long run. Breastfeeding saves the environment, saves on healthcare costs, time & tons of money. Breastfeeding can be simple for some & totally frustrating for others that's why I've done all the work to get you the most information in the fastest amount of time

## Unlimited Consultations

~~225~~ (~~275~~ for twins) Includes full detailed medical history, and includes unlimited follow-up visits in our office. This allows us to monitor progress and make any necessary changes along the way!

Add on service - I will come to the hospital after baby's birth + 1 time to your home ~~75~~ (15 mile radius)

## Mini Consult

~~60~~ (~~80~~ for twins) (~~30~~ follow-ups) This is a pay-as-go plan.

## Hospital Grade Breastpump Rental

~~40~~ a month, ~~30~~ a month when rented 3 months, ~~25~~ for 2 weeks + ~~20~~ refundable deposit (when returned in satisfactory condition)- Completely sanitized & ready for you to use. Breastpump replacement parts available for an extra charge.

## Labor Doula - ~~600~~ -~~750~~

We will meet about 3 times minimum to get to know each other. I will attend at least one prenatal visit with you to meet your medical provider & explain what I will be there for at the delivery. I will deliver emotional support from home to hospital, ease the transition into the hospital environment, and be there through changing hospital shifts and alternating provider schedules. I will serve as a labor coach and/or a compliment to your husband/partner. I am an information source to give the mother and her partner the added comfort of additional support throughout the entire labor. She encourages and promotes self-advocacy, informed choice, and excellent communication between the mother and care providers. I AM the person who keeps you moving on your path to delivery the way you intended unless extreme medical conditions arise. When labor starts to get to the point that you are getting uncomfortable I will come to where you are & attend to you, then, attend with you to your birth site (~~600~~). I will come & attend to you from the moment labor starts & you want me there, then, attend with you to the birth site. (~~750~~). Each includes 1 postpartum visit. Add 1 home visits (90 min. avg.) ~~40~~ (15 mile radius)

**Postpartum Doula - ~~25~~-~~32~~ per hour (twins add ~~5~~)** (Lactation services included while I'm in your home, office visits are ~~20~~) I offer physical, emotional, and spiritual, support to a new mother and the rest of the family. I also will be able to instruct on breastfeeding while I'm there, This will give dad a good opportunity to see firsthand how to help light household maintenance, family nurturing and instruction to mom and/or other family members in the care of a newborn are also included. I will make the transition to parenthood easier for new parents, to help mom during her recovery period and to ascertain what the family needs help with and provide the instruction. The main objective of the Postpartum Doula's role is not to take over complete care of the newborn, but to educate and support the family so that they will feel empowered to care for their newborn themselves. I will be good with your other children, patient, non-judgmental, & can entertain them, feed them, help them with their transition ALL while you get to know your newborn.

## Milk Packs Professional strength

**Galactagogues:** These are time tested herbs that increase supply of milk. In order to be successful with these you should be using them under supervision of a board certified lactation consultant. First, you need to determine that it is an actual supply issue & not a latch problem or lack of emptying the breast. These problems can be assessed by myself at a consultation. Once you get your very own herbal supplement you will be supervised by me on your progress & the length of time to take them.

All natural & organic nipple butter, diaper rash butter & All Purpose Nipple Ointment available.

Placenta Encapsulation ~~250~~, add tincture for ~~30~~. Tincture alone ~~50~~. See Placenta Encapsulation page for full description.

Price List effective 9/2015