

BIRTHING PACKAGE SUMMARY



	Everything but the Birth	Just the Birth	Comprehensive
Initial interview	✓	✓	✓
Access to evidence-based resources			
Pregnancy	✓	✓	✓
Postpartum	✓	✗	✓
Birth plan			
Standard	✓	✓	✗
Detailed	✗	✗	✓
Education			
Standard childbirth	✓	✗	✗
Detailed childbirth	✗	✗	✓
Comfort measures	✓	✓	✓
Prenatal Visits	2	1	4
Email and text support			
During your pregnancy	✓	✓	✓
Weeks postpartum	4	✗	6
Postpartum visit	1	✗	1
Lactation Support	✓	✗	✓
Lactation Support			
Initial latch	✗	✓	✓
First feeding	✗	✓	✓
On-call week	✗	38	38
Support			
During labor	✗	✓	✓
Hours following birth	✗	✗	✓
Price	\$1,000	\$1,750	\$2,500