

BirthLore Birth Doula Services
Comparison Chart

	Birth Doula Services (In Person)	100% Virtual Doula Services	Train To Be Your Own Doula
One hour Zoom prenatal upon hire.	XXX	XXX	XXX
One in home 4 hour prenatal visit at 36 weeks of pregnancy.	XXX		XXX
One virtual 2-3 hour prenatal visit at 36 weeks of pregnancy.		XXX	
In home hands on Comfort Measures class at 36 week prenatal.	XXX	optional w/additional fee	XXX
Unlimited virtual prenatal visits.	XXX		
Invite to monthly group meetings.	XXX	XXX	
Access to resource list.	XXX	XXX	XXX
Enrollment is self paced online Childbirth Preparation, Baby Care and Breastfeeding Class.	XXX	XXX	XXX
Printed workbook, two books on loan.	XXX		
PDF workbook.		XXX	XXX
Unlimited email questions.	XXX	XXX	XXX
Guidance in developing a birth plan.	XXX	XXX	XXX
Guidance on communicating with medical staff and self advocacy.	XXX	XXX	XXX
In person advocacy during birthing time.	XXX		
Borrow doula bag with TENs machine.	XXX	optional w/additional fee	XXX
24/7 on call for birth 37-42 weeks of pregnancy.	XXX	XXX	
Text and phone support for early labor.	XXX	XXX	

	Birth Doula Services (In Person)	100% Virtual Doula Services	Train To Be Your Own Doula
In person and/or virtual attendance & support during birthing time.	XXX		
Virtual only support during birthing time.		XXX	
In person physical, emotional and informational support.	XXX		
Virtual physical, emotional, informational support.		XXX	
Guidance, support and breaks for partner.	XXX		
Guidance during birthing time on holistic solutions, forming questions to medical staff, and birth choices.	XXX	XXX	
Photos of birth and immediate postpartum.	XXX		
Assistance with breastfeeding first hour after birth.	XXX		
Back up doula available.	XXX	XXX	
In home 2 hour postpartum visit.	XXX		XXX
Copy of birth notes.	XXX		
Review of birthing experience.	XXX	XXX	XXX
In home & hands on guidance with baby care and breastfeeding with postnatal visit.	XXX		XXX
Virtual 2 hour postpartum visit.		XXX	
2 weeks call, text and email postpartum support.	XXX	XXX	
Investment	\$2900 first baby or VBAC/ \$2700 baby 2+ Half due upon hire other half due at 36 weeks pregnancy.	\$1950.00 due upon hire.	\$1450.00 due upon hire. \$300 refundable deposit for Doula Bag.
Receipt for insurance reimbursement for doula services provided.	XXX	XXX	
Receipt for insurance reimbursement for childbirth, baby care and breastfeeding classes provided.	XXX	XXX	XXX