

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 | \$1,500 | \$2,200 |