



METRO MOMMY AGENCY

2018-2019

SERVICES MENU

LABOR SUPPORT SERVICES

01 HEART PACKAGE

HEART package (valued \$1200) will cover 2-in-1 package: **COMPLETE MOMMY PACKAGE + PAMPER ME PACKAGE + Postpartum Care kit** (includes essentials for after delivery) + **Baby Registry consolidation + Up to 6 months of postpartum care** (minimum 2-hours required per booking after 6 weeks, 10hrs total) + **CHOOSE TWO (2) #VALUEYOU SERVICES:** 1) Birth Mindset Session, 2) Lactation consultation up to 2hrs with optional phone/video support **OR** 3) Massage before, during or after birth if booked by week 32

COMPLETE MOMMY PACKAGE

02

COMPLETE MOMMY Package (valued at \$900) will cover **Pregnancy & Labor: Everything a Mommy could ever ask for before and during a birth** : ***Before:** Initial consultation, 2-3 90-minute childbirth education visits, Developing your birth plan, Creating a consolidated online baby registry, Meal planning and nutrition coaching ***During:** Continuous support at birth, 24/7 Support during on-call period (2 week before and after due date), Immediate postpartum support for up to 3 hours ***After:** 1 postpartum visit

03 PAMPER ME PACKAGE

PAMPER MOMMY PACKAGE (valued at \$600) will cover **Meal planning and nutrition coaching, Postpartum care (up to 10 hrs), Baby nurse, Breastfeeding support, Newborn care education, connecting you and your family with networks, your community and resources that will help your family thrive (up to 6 months)** **CHOOSE TWO (2) #VALUEYOU SERVICES:** 1) **Birth Mindset Session**, 2) **Lactation consultation** up to 2hrs with optional phone/video support **OR** 3) **Massage** before, during or after birth if booked by week 32

ICANDOULA UPGRADE

04

Doula services for clients who later desire a doula can **apply their childbirth education payment towards a deposit* for a doula services** (COMPLETE MOMMY PACKAGE or HEART PACKAGE must be booked by 32 weeks.) *Subject to doula's availability. Applies to same pregnancy except in special circumstances.

CHILDBIRTH EDUCATION & LACTATION SERVICES

05 MOMMY-TO-BE WORKSHOP

Childbirth education on the following topics: - **What & how to communicate** with your healthcare provider - Importance of labor support - **Expectations for labor and birth** - Birth setting practices - **Physiological process of labor** - Changes in late pregnancy - Evidence-based research on **coping strategies** for managing pain - Movement & **positioning** during labor and birth - **Medical interventions**: Indications, risks & alternatives. 3 hours.

BREASTFEEDING SUPPORT

Valued at \$40/hr, moms will receive breastfeeding education whenever they choose: before baby arrives OR hands-on, **in-person breastfeeding support after baby is born**. Provided by a **certified lactation consultant for up to 2 hrs with optional phone/video support up to 6 weeks**. Ask about our **virtual (online) visits** for busy families and **online support group**.

07 CRASH COURSE CHILDBIRTH CLASS***

Fast-paced childbirth education to **get a mommy up-to-date at the last minute**. Covers everything you need to know about **how to avoid a c-section** and **create a birth plan**. *** Limited to special offers and virtual (online) sessions only.