



Extraordinary care. Extraordinary caring.™

## Postpartum Doula Packages and Costs

The cost for each appointment or package varies with the experience level of the doula(s) you choose. Please see descriptions of Apprentice, Certified, and Advanced experience levels at the end.

### Stand Alone Appointments

Daytime 4-Hour Appointment		Overnight 8-Hour Appointment	
Apprentice Postpartum Doula	\$160	Apprentice Postpartum Doula	\$320
Certified Postpartum Doula	\$200	Certified Postpartum Doula	\$400
Advanced Postpartum Doula	\$240	Advanced Postpartum Doula	\$480

### Packages

*Note: you may ask your doula to add an optional 1-2 hour in-home orientation or virtual visit to any package to spend some time orienting your doula to your family and home prenatally. Many of our postpartum doulas offer prenatal support around preparing for the postpartum period.*

#### Supported Start

*This is a great package for families who want to get started on the right foot in the transition home with their baby, for those who encounter a challenging period and need support to get back on track, or for those who want to ease into or out of larger packages. This package is typically available for either daytime or overnight visits with a specific doula.*

- Six 4-hour daytime appointments or three 8-hour overnights (24 hours of care total)

Apprentice Postpartum Doula	\$960
Certified Postpartum Doula	\$1200
Advanced Postpartum Doula	\$1440

#### Classic Care

*This is our most popular package to create a strong foundation of well-being after you welcome a newborn to the family. It provides families with flexibility to customize how they use their hours between day and night support. With this package you may select one doula or work with multiple doulas to best meet your scheduling needs.*

- Twelve daytime appointments or six overnights, or any combination of those (48 hours of care total)

Apprentice Postpartum Doula	\$1920
Certified Postpartum Doula	\$2400
Advanced Postpartum Doula	\$2880

#### Confident Coverage

*This is an ideal package for those that like the flexibility of the Classic Care package but would like to secure their doulas for a longer period of time.*

- Twenty-four daytime appointments or twelve overnights, or any combination of those (96 hours of care total)

Apprentice Postpartum Doula	\$3840
Certified Postpartum Doula	\$4800
Advanced Postpartum Doula	\$5750



### **Dream Team**

*This package is for 24-hour around-the-clock care for 7 days. You will choose a Primary Doula who will then assist you in selecting the other 3-5 doulas to complete your care team. Your Primary Doula will manage scheduling and communication with the doula team. This is a great package for families that would like continuous care at home and you may purchase multiple packages at once to secure your team for a specific number of weeks. The cost of your Dream Team will vary depending on the experience level of your doula team members. Your Primary Doula will help craft a custom package to meet your needs.*

- 1-hour in-home planning meeting and home orientation
- Primary Doula who will manage scheduling and communication with your team
- 24/7 coverage for the number of weeks that you purchase
- Each week will cost between \$6700 and \$10,080 and price varies on your particular combination of care providers.

### **Custom Packages**

*In addition to the above packages, you may create a custom collection of individual shifts that best meet the needs of your family. You can work with your doula to help craft a plan that is the perfect fit for you. Shifts may be a custom length of time (4 hour daytime shifts and 8 hour overnight shifts are minimum time lengths) and can be booked for the number of days or weeks that work best for you, subject to doula availability. Please let your doula know what kind of coverage you need and they can work with you to help you decide what shifts/packages to purchase. Sometimes more than one doula is needed to fulfill a request.*

## **Postpartum Doula Experience Tiers**

### **Apprentice Postpartum Doula**

Swedish Apprentice Postpartum Doulas have completed a postpartum doula training course and are working towards completion of certification requirements. Swedish apprentice doulas are skilled in providing excellent care and receive mentorship from Swedish certified doulas.

### **Certified Postpartum Doula**

Swedish Certified Postpartum Doulas, in addition to their skills and training, have completed requirements for doula certification and engage in continuing education to maintain certification. Some certified doulas offer specialized services such as placenta encapsulation and advanced lactation education.

### **Advanced Postpartum Doula**

Swedish Postpartum Doulas have completed requirements for doula certification and engage in continuing education to maintain certification. These doulas have considerable experience in their field and have supported a diverse spectrum of families through many unique experiences. Many of our advanced postpartum doulas offer specialized services such as placenta encapsulation, advanced lactation education and sleep coaching. In addition, some of these doulas teach classes to other doulas.