

# Postpartum Doula Pricing

## Basic Package

- Initial consultation visit
- 15 hours of daytime support
- Baby Laundry
- Light housekeeping (dishes, sweeping, etc)
- Setting new daily routines
- 1 Meal Prep
- 5/5/5 rule support
- Phone/Text support until 3 weeks postpartum

## Top Package

- Initial consultation visit
- 20 hours of daytime support
- Baby Laundry
- Light housekeeping (dishes, sweeping, etc)
- Setting new daily routines
- 2 Meal Prep
- 5/5/5 rule support
- Phone/Text support until 4 weeks postpartum

## Premium Package

- Initial consultation visit
- 15 hours of daytime support
- 10 hours of nighttime support
- Baby Laundry
- Light housekeeping (dishes, sweeping, etc)
- Setting new daily routines
- 3 Meal Prep
- 5/5/5 rule support
- Phone/Text support until 5 weeks postpartum

INVESTMENT TOTAL  
**\$675**

INVESTMENT TOTAL  
**\$900**

INVESTMENT TOTAL  
**\$1,425**

## Additional Services

DAYTIME HOURLY CARE	Additional daytime hours	<b>\$50/hour</b>
NIGHTTIME HOURLY CARE	Additional nighttime hours	<b>\$75/hour</b>
CLOSING OF THE BONES	Promotes healing, closure and ceremony after 'first 40 days'	<b>\$150</b>
PLACENTA ENCAPSULATION	Capsules and tincture, including pick-up and delivery	<b>\$195+</b>
POSTPARTUM MEAL PREP	3+family style meals and 2+ snacks prepared	<b>\$300+</b>
INTRO TO FERTILITY AWARENESS & BREASTFEEDING	Learn basic breastfeeding hormone patterns and how it affects your menstrual cycle	<b>\$250</b>
HOUSEHOLD LAUNDRY	Wash, dry, fold, put away	<b>\$25</b>
TRAVEL FEE	Snohomish County and parts of Skagit/King County NOT included	<b>\$60+</b>

A \$250 non-refundable retainer fee is required to secure postpartum doula services. The balance of your non-refundable payment is due in full one week *before* services start.  
All prices are subject to standard sales tax. This amount will be added to your invoice.

Payment plans are available upon request. Please contact me for more information and to discuss your situation. Ask about cash discounts.

Payments can be made via Cash, Venmo, or Paypal (FSA/HSA options available).

