



2024

Service & Pricing Guide

Birth Doula Support

TRAUMAINFORMEDDOULA.COM

Hello & *Welcome*

Contact Details:

Emily Likins-Ehlers

@trauma_informed_doula

traumainformeddoula.com

hello@traumainformeddoula.com

(815) 412-4506

Understanding This Service Guide

The intention behind this service guide is to provide a transparent, comprehensive overview of what I offer. I firmly believe that an informed client is an empowered one, and I've crafted this document with that sentiment in mind.

Whether you're engaging with my services for the first time or you've returned to work with me again, this guide is designed to answer your questions, clarify my offerings, and ensure every interaction you have is seamless and insightful.

My *Mission* And Vision

My Vision for Birthwork

This flagship service is designed to combat loneliness during pregnancy & postpartum, improve your confidence & comfort while giving birth, and provide social-emotional support from a trauma-informed professional as you navigate the complexities of parenting in the modern world.

My Mission

01.

Support for You

Throughout your pregnancy, we will engage in a collaborative process to develop a personalized plan that prioritizes your psychological and physical well-being during pregnancy, childbirth and the postpartum. My role will be to listen to you, empower your choices, and support you in achieving your goals for childbirth & parenting.



02.

Education & Information

Learning your options can help you make informed decisions that align with your unique needs. Through comprehensive childbirth education, we create a personalized birth and postpartum plan that is reflective of your family's values.

03.

Advocacy

As a medical advocate during pregnancy, childbirth, and postpartum, I help clients feel empowered to assert themselves by reassuring their innate authority.

I teach you how to demand transparent communications and respect for your birth preferences. As your doula, I act as a final line of defense against abuse, neglect, and coercion while you are giving birth.

Birth Doula *Services Overview*



Trauma-Informed Support for Childbirth & Beyond

Emily's Doula Support Packages are custom-tailored to your family's specific needs. Every package offers Emily's attentive care: whether you're giving birth at home, in the hospital, or at the birth center, a doula elevates your experience by centering your needs.

Here's a snapshot of the Birth Doula Package

01. Just a Phone Call Away

As soon as you sign on the dotted line, Emily's got your back! You can text, call or email Emily whenever you need help, have worries, or just want to chat about your pregnancy journey.

03. Create a Birth Plan

Crafting a birth plan is more than just choosing whether or not you'll have an epidural. Learn about your options and discover useful decision-making tools to design a plan that takes every aspect of your uniqueness into account.

05. Labor Support

Continuous support during your labor means you get the ultimate trifecta: hands-on physical aid in comfort & coping, mental resiliency coaching, and a medical advocate right there with you

02. Childbirth Education

The Birth Doula package is packed with goodies, including three Childbirth Education sessions for you and your partner. Take your pick from cozy virtual sessions or join a fun group in-person session.

04. Soothe Anxiety

Emily provides unbiased information, coping strategies, and calming co-regulation as you discover your courage in the face of uncertainty.

06. Postpartum Care

Emily will stick around for a few hours to help you kickstart lactation and ease into your new role as a parent. And that's not all, Emily is there for the next six weeks with virtual support and a nurturing home visit to keep you feeling secure and loved during this delicate time.

The *Process*

how to book your birth date

How to Book

Doula support can be arranged at any point in your pregnancy, but my availability is limited.

QUICK CHAT

Ready to get started? Head over to my website to book your free consultation. Keep your eyes on your inbox for a confirmation email with a Zoom link. After our chat, I'll also send you a follow-up email packed with awesome resources and tailored tips based on our convo.

01.



02.

LONGER MEETING

In the follow-up email, you'll have a link to schedule a longer meeting. It'll give us a chance to chat more, get into the nitty-gritty of our contract, introduce me to your better half, or whatever else you need to feel totally comfortable before deciding.

03.



04.

LET'S GET TO WORK!

Once the contract is signed, we'll jump into action! We'll start mapping out the birth plan, work through any pregnancy worries, and daydream about the homecoming of your little one.

SIGN THE CONTRACT

Once we've added a personal touch to your package, I'll put the finishing touches on the contract and ping it your way for an electronic signature. I work with your family's budget by offering discounts, payment plans, and I am happy to discuss labor-trade arrangements.

The Journey

05



What You Get

01. Support

Through phone calls, text conversations, prenatal sessions, and childbirth education classes, we dive into what you desire for your birth. We explore past experiences, generational traumas, and fears during these confidential and non-judgmental exchanges. My role is to provide a supportive and safe space where your journey can unfold without interruption. By understanding your story, I can better support your childbirth and parenting experience. Phone and text support continues for 6 weeks postpartum.

03. Coaching

During your labor I provide practical support, direction, & encouragement for coping with labor or responding to unexpected complications. I act as a medical advocate and ask relevant questions of you & your health care providers to assist in your decision-making process and help you avoid unwanted Cesarean. Getting to know you during prenatal conversations informs my "coaching style" as I provide unwavering support & center your needs during labor & beyond.

02. Education

I teach you what to expect during childbirth. Through conversation & decision making tools, I help you examine the risks and benefits of interventions to create an intentional plan for your birth. We also explore with ways to make your birth personally meaningful. Google Classroom is used to provide additional resources including beautifully illustrated toolkits from The Educated Birth. Comprehensive Childbirth Education for first time birthing people at BRBC is included.

04. Caregiving

This inclusive package is centered around providing expert labor support in the form of guided relaxation, massage, medical advocacy, and unwavering labor assistance until two hours after your baby's birth. This package also includes one informational home visit while you're pregnant and one nourishing postpartum home visit to assist you during this transitional period. Visits include small goodies and extras like fresh-baked bread, home grown herbs, and homemade bone broths.

Birth Support

Breakdown of Services

Trauma-Informed Birth Doula: **\$2,400**

What You'll Get

- ✓ Comprehensive Childbirth Education
- ✓ A Birth Plan
- ✓ Text, phone, and email support for the duration of your pregnancy + 6 weeks postpartum
- ✓ Confidence while giving birth
- ✓ Expert support during labor
- ✓ Lots of extras like fresh bread, journal prompts, and decision making tools



"Having a knowledgeable and supportive person to be there at one of the most vulnerable times in your life is extremely important and Emily checks every box of what it means to be a great doula."

Taylor Dailey

For inquiries, email

HELLO@TRAUMAINFORMEDDOULA.COM

Here's What The *Process* Looks Like

01. Support

Together, we determine a schedule for our meetings depending on your gestation, availability & needs. Less-formal text, email, and phone support during pregnancy and until 6 weeks postpartum is standard and our communication will likely increase as you approach your due date.

02. Education

A minimum of 6 hybrid prenatal sessions will include comprehensive childbirth education and one in-person informational prenatal visit to your home during the third trimester.

03. Coaching

Your birth partner is encouraged to attend all of our sessions and some "homework" will be encouraged to prepare you. A birth plan will be created and based on everything we have already talked about, I coach you through your pregnancy, labor, and transformation postpartum.

04. Caregiving

Starting at 38 weeks, I am on-call 24/7 for your birth. Once you think you're in labor, I'm focused entirely on you. No matter when your labor begins or how long it lasts, I'll be there to take care of you, protect you, and guide you. I stay for 2 hours postpartum & provide an in-home follow-up visit.

All-Inclusive Birth Support

a package that amalgamates this array of a'la carte services + unwavering in-person support during childbirth

01. Birth Planning Session

\$150

- 90-minute in-home or virtual session
- Childbirth Education 101
- Creation of a Birth Plan
- Follow-up email with resources
- Scaffolded support with text & email



02. Virtual Doula

\$800

- 6 virtual prenatal sessions for education and coaching
- Text, email, and phone support during pregnancy + 6 weeks postpartum
- Text, video, and phone support for the duration of your labor for support, information, & advocacy
- Great for families outside of Chicagoland

03. Childbirth Education

\$300

- 3 in-person sessions at Burr Ridge Birth Center: includes soup, community connection, and an opportunity to explore the Birth Center. Check TraumaInformedDoula.com for class schedule - OR - 4 private virtual childbirth education sessions
- Learn the physiology of birth, your options for medical care during childbirth, and techniques for coping with labor
- Gain advocacy skills and decision making tools to empower your childbirth experience & write a Birth Plan
- Additional resources provided on Google Classroom





04. Ask Me Anything

\$25

- 60 minutes, virtual or on the phone
- Short & sweet one-on-one sessions with Emily to ask specific questions or dive deeper into a topic
- Follow-up email with more resources and information based on our conversation

05. Story Sharing Session

\$150

- 90-minute virtual or in-person sessions to share your story, no matter how messy
- Trauma-informed guided reflective practice
- Follow-up email with resources and referrals for follow-up care and additional support



06. Daytime Postpartum Shift

\$90

- 2-hour in home shift
- Designed to help the birthing person or family with deep caretaking, light housekeeping, emotional support, educational resources, infant care tips, or respite. Lactation support provided
- Additional goodies like soup and healing herbal helpers are included

Birth Doula Package

\$2,400

- **ALL OF THE SERVICES LISTED ABOVE PLUS:**
- Unlimited virtual connection with text, email, and video chats
- 6 formal prenatal sessions (hybrid virtual & in person)
- On call 24/7 starting at 38 weeks
- In-person birth attendance: no matter how long you labor + 2 hours after your baby is born
- Discount on extended postpartum care packages
- 6 weeks of text, video, email, and phone support postpartum



Add-Ons



08

Turndown Service

PRICE:
\$200

Revel in some extra tender, postpartum pampering! Enjoy top-notch, in-home care after discharge. Once back in the nest, I help you get settled: assist with lactation and baby care, create a cozy sleeping environment for parents, whip up a meal, tackle light housework, and even lend a paw with your furry friends

Overnight Postpartum Care

PRICE:
\$360

Welcome, new parents! I'm thrilled to offer you a loyalty discount on Overnight Postpartum Care, usually priced at \$400. Here's the deal: while you snooze between 9 PM and 5 AM, I take good care of your little one (minus lactation duties). That's not all, I even tidy up the house and whip up a yummy breakfast for you. Sweet dreams!

Daytime Postpartum Care

PRICE:
\$90

- Slip into nourishing 2-hour blocks, designed to soothe the birthing person, help families ease into new rhythms, find peace, or conquer work-from-home hurdles
- I will lend a hand with light housekeeping and offer an empathetic ear to process your emotions
- An educational component includes top-notch infant care tips and follow-up support to tackle any parenting hurdles

Sibling Doula

PRICE:
\$150

New Sibling on the Way? Give Your Older Kids a Helping Hand with a 90-Minute In-Home Session. We'll work together with a virtual meet-up to talk about any worries and set goals for all the kiddos. Expect a game plan tailored to suit each child's age and abilities.

Metamorphosis: Postpartum Support Group

PRICE:
Free

Lock in your calendars for a Trauma-Informed Doula virtual support group on the third Tuesday of each month. Tune in at 11 AM-12 PM CT or 8 PM-9 PM CT to connect with peers who understand. To join, zip over to traumainformeddoula.com and sign up.

Testimonials

- *We spoke many times over the course of my pregnancy and Emily was constantly answering my questions and providing me and my husband with the resources we needed to make informed decisions. Emily has an incredibly calming presence and put us at ease during a labor that didn't go the way I had planned.*

Jessica, Illinois

- *Emily was open to speak with me virtually and provided unbiased support, and had understanding of my PTSD & mental health conditions. I feel that my particular anxieties can be unique (vomit phobia along with PTSD) but Emily never questioned me. I'm also a sexual assault + birth trauma survivor. My pregnancy triggered everything in me. Emily was nothing but supportive and always listened.*

Ashley, North Carolina

- *Having Emily at my birth was one of the easiest decisions we made. Their ability to listen & recommend great resources throughout pregnancy, birth, and postpartum was invaluable. They are able to sit back, listen then meet you where you're at in your journey.*

Mary, Illinois

01. Where do you attend births?

My sweet spot is attending births within 30 miles of my home in Manhattan, IL whether it's at a cozy house, a bustling hospital, or a serene birth center. But, if you're convinced I'm the one for you, I'm happy to hit the road and travel even farther, some additional travel fees may apply.

02. What is your model of care?

my trauma-informed advocacy model is my guiding light. I believe in establishing trust gradually over many hours of honest and authentic conversation. For me, it's all about being there for people, listening to their story, and tailoring my approach to what they need. I refuse to do this work with less than my best-self forward so I keep my client list short and sweet. That way, I can recognize the little things that matter to you, offer those extra-special talks, and be on hand and well-rested for you during those surprise moments.

03. I can't afford your services, what are my options?

Individualized packages and interest-free payment plans are always available. Please don't hesitate to ask for a specific need and I'll let you know what I can make work. I also have an NPI so you may be able to submit doula services to your insurance for reimbursement. I'm also happy to discuss labor-trade arrangements and other creative or anarchist solutions to this transaction. I'm dedicated to providing low-or-no-cost care to families that find themselves disproportionately impacted by medical neglect & abuse due to racism, classism, and other implicit provider biases. Clients who pay for my services indirectly allow this birth justice mission to manifest. In choosing me as your doula you become connected to others like an underground mycelial network.

Ready to add
Emily
to your birth
team?

Book a Free Consultation at
TRAUMAINFORMEDDOULA.COM

If you're still in the exploration phase or have more questions, no worries at all.

Send any questions you have:



hello@traumainformeddoula.com