

# Birth Doula

WELCOME FOLDER



Odessa Walker

[WWW.ODESSAWALKER.COM](http://WWW.ODESSAWALKER.COM)

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# Welcome

Thank you so much for reaching out to me today! I look forward to connecting with you and learning all about what you want out of your birth experience. I simply cannot wait to embark on this journey with you.

Please look through this document to help you determine what birth package is most suitable for you and your family. When you have decided on a service, please reach out to me so I can reserve a spot for you on my calendar.

After you let me know what package you're interested in, I will send over some forms for you to fill out and set up your second appointment so we can officially get started with your birth support.

Please do not hesitate to reach out to me if you have any questions! I look forward to hearing from you.

Warmly,

Odessa Walker



# Odessa Walker

BIRTH GUARDIAN & TRADITIONAL  
POSTPARTUM CARE PROVIDER

## ABOUT ME

Hi I'm Odessa. I have been mothering for 10+ years now and I have 4 children. I am a Guardian of Birth, Traditional postpartum care provider and a MotherCircle facilitator. When I'm not busy tending to all my children I like to dance, cook and garden. I have been passionate about birth, postpartum and motherhood since I became a mother and I have been working in the birth world on and off for 8 years.

## EXPERIENCE

I have experienced 4 very different births from medicated to a sovereign home birth. I have traversed the waters of postpartum in the modern world and I have devoted myself to raising happy, healthy and whole children, all while simultaneously educating myself about birth and postpartum by taking training's (100's of hours) and working with wise women. I have worked as a doula, midwives second attending, postpartum doula and lead many womans circles.

## TESTIMONIALS



*Mother Circle taught me an incredible amount about this new stage I am entering as my children get older. It is a space for women and mothers of all ages and stages because mothering and being a mother is a continual and ever-changing role. Odessa is the best facilitator and teacher for this circle. She has so much experience with the postpartum realm. Her calm energy and ability to just listen, enables the mothers who are present, to really feel into their bodies and speak their truth!.*

*-B- MotherCircle attendant*

## CONTACT



519-420-7002



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## EDUCATION

- Birth Doula training
- Norfolk Roots Midwives
- NRP training
- ESW training with AOM
- Goddess Ceremony Creatrix Training
- Innate Postpartum Care Training
- Prenatal & Postpartum Yoga Teacher Training with Mamata Yoga
- Fourth Cycle- Mentorship for Initiated Womanhood
- MotherCircle Facilitator Training
- Guardians of Birth Training

## SOCIAL



@ohhdessaa

## DO YOU CONSIDER BIRTH A MEDICAL EVENT OR PHYSIOLOGICAL PROCESS?

I believe birth is much like sleeping. You do not need to teach a woman how to give birth. Women may need education around how birth works and they may need support in labor to get through the intensity but birth is a physiological process that will happen when both mom and baby are ready.



## WHAT IF MY BIRTH PLAN CHANGES?

My job as your doula is to show you support in all the decisions you make in regards to your birth. If you have a change of mind or heart I will support you in that decision. I trust that you will be well educated on all your options and that you know what is best for you and your baby. I will stand with you through any and all changes.

## WHAT POSTPARTUM SUPPORT LOOKS LIKE

I believe that postpartum support is crucial to the health and well being of the whole family. Mothers need to be taken care of so that they have the ability to care for their babies. My birth packages include postpartum support for this reason.

## HOW SOON SHOULD I HIRE A DOULA?

You can never experience too much support too early. I begin working with most of my clients in the second trimester, but have had many clients prep earlier for their births!



## DOES A DOULA REPLACE MY PARTNER'S ROLE?

No. I am here to support both you and your partner! Your partner and I will collaborate as a team to make the best of your birth experience.

# Benefits of a Doula



**Reduced risk of  
cesarean birth**



**Shorter labor**



**Lower incidence of depressive  
symptomatology**



**Reduced risk of  
instrumental birth**



**Reduced need for  
painkillers or epidural**



**Increased likelihood of  
initiating breastfeeding**



**Increased parental satisfaction  
with the birth experience**



**Reduced rate of  
induction of labor**

# What to Expect

## PREGNANCY SUPPORT

- ▶ Follow up consultation
- ▶ Two+ prenatal meetings
- ▶ 24 hour phone, email, and text support
- ▶ Instruction on pain management techniques
- ▶ Exploration of birth goals and planning
- ▶ Helpful handouts (hospital bag checklist, birth plan, etc.)
- ▶ Postpartum planning
- ▶ 4 weeks of on-call time (starting at 38 weeks)

## BIRTH SUPPORT

- ▶ Full labor and birth support, at your choice of location
- ▶ Emotional and physical support during labor
- ▶ Access to traditional coping mechanisms. (visualizations, water, heat ect.)
- ▶ Two hours of support immediately following birth
- ▶ Help with baby latching
- ▶ Partner support
- ▶ Post-birth care

## POSTPARTUM SUPPORT

- ▶ One follow up visit one week postpartum
- ▶ One postpartum support shift (3 hours)
- ▶ Guidance for recovery and newborn care
- ▶ Postpartum resources
- ▶ Lactation support
- ▶ 24 hour phone, email, and text support (up to 6 weeks postpartum)



# Investment

BIRTH SUPPORT PACKAGES AND FEES

## Package one

STANDARD

- Two prenatal meetings
- 12 hours of labor support
- Birth plan creation
- Handouts and educational materials
- 24 hour phone, email, and text support
- Three postpartum follow up visits
- Postpartum mental health check-ins and provide resources to help navigate the postpartum period for 12 weeks

**\$850**

## Package two

DELUXE

- Four prenatal meetings
- Planning for the fourth trimester crash course
- Birth and postpartum plan creation
- 12 hours of labor support
- Handouts and educational materials
- 24hr phone, text and email support
- Six postpartum follow up visits
- Postpartum mental health check-ins and provide resources to help navigate the postpartum period for 12 weeks

**\$1,300**

## A la carte

ADDITIONAL SERVICES

**Prices vary**

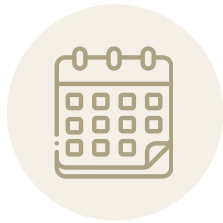
Please contact me for more information

- Innate Traditions- Planning for the fourth trimester course
- Closing of the bones
- Vaginal steaming
- Traditional postpartum care
- Modern day Postpartum doula support
- Village prenatal circles
- MotherCircle
- Nesting services

A 30% non-refundable retainer fee is required to secure your spot on my birth calendar. The fee will be refunded if I cannot make your birth for any unforeseen reasons.



# LET'S GET STARTED



## *Schedule*

Reach out to me and schedule your first prenatal meeting



## *Explore*

Check out listed resources and pick a service that's best suitable for you and your family



## *Prepare*

Write down a list of any questions you may have to bring to our first prenatal meeting

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Odessa Walker- MotherCare