

rose

MOTHERHOOD

service menu



all-inclusive phenomemom package

This sublime, next-level package is the pinnacle of all birthkeeper services. I designed this package in order to care for my clients to the fullest extent of my abilities; leaving NOTHING out! I believe all mothers deserve to be this well cared for throughout pregnancy, birth, and postpartum. This package is for the mother who wants a truly holistic experience; a gentle transition into motherhood. Let me envelop you in a cocoon of wisdom, nourishment, love, and care as you and your family transform.

- + On-call 24/7 Birthkeeper at your service
- + Prenatal & Postpartum rendezvous: In-depth meet-ups during which we will get acquainted, check in on your needs & ensure they are met, prepare your mind body & spirit for birth, assist you in every way possible postpartum, and more!
- + Access to & participation in my full **Birth Alchemy** program
- + Two 60 min prenatal massages AND one 60 minute postpartum massage included
- + Acupressure treatments before, during, and after birth to facilitate a calmer, smoother transition and easier labor.
- + a complimentary 'mini' maternity -and- newborn lifestyle photo session
- + Labor & Birth Photography: A digital portfolio of polished, professional photographs documenting the magic and essence of this momentous occasion
- + 4 WHOLE days of fresh chef-prepared meals (breakfast, lunch, & dinner) to ease into postpartum life
- + Herbal Care Package for supporting mother & baby postpartum
- + 2 Dozen Lactation Cookies
- + Optional: Placenta Encapsulation or Frozen Preparation

| 12,000 |

"We debated back and forth about whether or not we 'needed' a doula, and the answer is **YES!!** You do need a doula, and Kate is the perfect balance of knowledge, experience, and calmness we needed during labor, we highly recommend her!" - Bridget





birthkeeper and photographer

- + on-call 24/7 ready to arrive to provide unwavering support throughout labor & birth
- + access to & participation in my full **Birth Alchemy** program
- + phone/text/email support throughout pregnancy & postpartum
- + thorough intake questionnaire that allows me to assess & address your needs
- + at least one in-person prenatal and postpartum visit during which I will help you prepare mind, body, & spirit for birth and assess all of your needs/doubts/fears + assist you with the transition to postpartum life. (# of visits varies based on client needs, since services vary)
- + photo documentation of labor, birth, and immediate postpartum
- + digital copies and print release for all the professionally edited images
- + Add on: Placenta encapsulation for \$350

.....6800

birth photography

- + prenatal meeting (usually a phone conference) to discuss clients' birth preferences
- + on-call 24/7 three weeks before and after your due date
- + photo documentation of active labor (7+ cm), birth, and after-birth
- + digital copies of all polished images

.....5200

"Kate was my doula & birth photographer and she was just... the **best**. She knew when to be there and when to step back. I honestly did not know when she was taking photos, but they all turned out incredible. Her composition, lighting, and effects are spot on (this is coming from a person with an art degree - she knows what she is doing)! Sometimes I look at the photos when I'm feeling down and they remind me that if I can do that, then I can do *anything*." -Djuli





“ As a first time mom committed to a natural home-birth, discerning who I could trust to have on my birth team was an extremely challenging and daunting task. I spoke to many providers and didn't feel comfortable with anyone until I spoke to Kate. From our first conversation I immediately knew she was exactly who I was looking for. She gave me resources and encouragement and loving support before we even hired her! She cares about her clients deeply, and our connection grew so close by the time I gave birth.

She's an incredible wealth of knowledge and was available to me whenever I needed her throughout my pregnancy which was invaluable for me. Her presence in my life became that of a fierce advocate and friend. She supported all of my choices, gave me encouragement & advice when I asked for it and made sure I knew that I was in the power seat every step of the way. Hiring Kate was one of the best choices I've ever made. Not only did she support me in all the ways that I needed, but she was unafraid to be honest with me and push me when I needed it. My birth experience taught both of us things we needed to learn and I'm incredibly grateful for her continued support in my life. I cannot recommend her services enough - she goes above and beyond for the women she serves, and I would be grateful to have her in my birth space again in the future. Oh also! She is an incredible photographer and captured the most amazing moments from my birth that I will cherish forever. ”



“ My experience having Kate as our doula was seriously life-changing. I knew I wanted to have an experienced woman support me holistically through my pregnancy & birthing experience but I wasn't quite sure what that looked like—there was an instant connection when we first met and she felt more like family to me than a hired professional, she made me feel comfortable. From the plethora of resources she provided to pre/post-natal massages, postpartum meals & just overall womanly support throughout my pregnancy, birth, and postpartum time, Kate showed me exactly how women should be cared for, loved, and supported during this special rite of passage time and WOW her knowledge and service to other women blew me away. Our experience with her made a huge impact on my life and I would absolutely love to have her in my birth space again in the future. Kate has turned into a dear friend & like family to us and I can't help but share about my experience & recommend her to all of my newly pregnant mama friends because every woman deserves to have this level of support during pregnancy and birth. If you are on the fence about hiring a birth keeper, DO IT. You won't regret it. Oh, and if you want some super beautifully dreamy photos of your birth she does that too! ”

