



# “I love the idea of doula support. Whats next?”

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First steps

Whats next?

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## Consultation

This free consultation is the perfect opportunity to get acquainted and discover together if it's the right fit. Ask questions, tell me a bit about yourself...are there any fears about childbirth? What does your ideal birth look like? How can I best support you?

## Booking

To ensure that I give each client the care and attention they need and deserve, I take no more than three clients per month. After the consultation, I reserve a space for you in my calendar for seven days. If you decide that you would like to proceed with my services, please reach out within that time frame. A 50% retainer fee is due at the time of signing the contract and reserves your spot in my calendar.

## Welcome

I am so happy to be on this journey with you! You now have access to an extensive lending library of invaluable resources on pregnancy, childbirth, breastfeeding, and postpartum. You also have my unwavering support throughout your pregnancy and birth. Keep an eye out for the link to book your prenatal visits!