

Services during Pregnancy

Spinning Babies® Parent Class ~ individual session

at your home* / doula price

1x 3 hour session, with your (birth)partner - including reference materials +
follow-up support via phone or zoom

€ 250.- / included

with two couples in the privacy of your home - price per couple

€ 195.- / included

The Spinning Babies Parent Class is a unique approach for ease and comfort in pregnancy childbirth. After this session you and your partner will have different tools and activities that you can do on your own and together, to create balance in your changing body. You will understand how baby seeks the space available in the growing uterus, both in pregnancy and birth, and how that may impact the birth process. You will feel empowered to take charge in labour if needed, with the tools that you learned in this comprehensive class. More information: www.SpiningBabies.com.

Spinning Babies Parent Class ~ group session

outside location

1x 3 hour session with min 3, max 5 couples

€ 195.-

Relaxing full body massage in pregnancy and postpartum

at your home* / doula price

The massage that I offer, is a full body/mind/soul experience. It is often deeply relaxing and nourishing on different levels. I tailor the massage to your individual needs and wishes. I offer the massages in the comfort of your own house. It is including a 100ml massage oil specially made for you with essential oils. I am with you 2hr15min.

€ 175.- / € 155.-

Full body pregnancy massage;

Full body postpartum massage;

Massage for supporting breastfeeding, when experiencing less milk, onset of mastitis, insecurity;

includes debrief of the birth and postpartum situation, neck/shoulder massage, breast massage, foot massage

Special sessions:

Released waters waiting for Labour to Start

Waiting for Birth ('overdue' session - usually at 41+ weeks)

Breech Consultation (from 34 weeks onwards)

at your home* / doula price

Session (usually 3+ hours, in the comfort of your own home)

€ 250.- / € 165.-

*Session includes one or more of the following elements: debriefing of the situation, massage (feet / belly / lower back / shoulders), cupping massage, acupressure, aromatherapy, rebozo, moxa fanning, balancing techniques / postures (spinning babies®), polarity, metamorfoses massage. The partner can learn the acupressure points. For the breech consultation, it is helpful if you purchase the e-book *Helping your Breech Baby Turn from the Spinning Babies® website (\$9,95).**

Massage oil - tailor made 100 ml

normal price / doula price

In a base oil of organic sesame/olive/sunflower oil, with organic essential oils

€ 20.- / included

I can make the oil for you when you book an individual pregnancy / preparation for birth session or full body massage.

Aromatherapy consultation

normal price / doula price

Which oils can you use during pregnancy and birth? How to use them?

€ 90.- / € 50.-

Session is 1 hour and includes 100ml tailor made massage oil

Individual pregnancy & preparation for birth sessions (w/partner)

at your home / doula price

tailor made, 2,5hrs sessions

€ 210.- / € 150.-

Tailor made individual sessions for pregnancy and/or for birth: i.e. how to cope with the sensations of the contractions / (fear of) pain; postures, mindfulness exercises, visualisations, journaling, breath, bodywork (foot/neck/lower back massage, cupping, moxa fanning), process of giving birth, the hormones that are in play, pregnancy yoga, relaxation, yoga nidra, polarity, metamorfose massage, aromatherapy. Can be with or without (birth)partner; role and support of the (birth)partner Also possible in small group setting (at your house). Contact me for pricing.

Writing your birth plan

1 meeting 3 hrs, including email / phone / zoom follow up support € 240.- / in package
extra follow up in-person session 1hr15min € 95.-

Embracing it All - Preparing for birth and postpartum when experiencing fear, anxiety, previous (birth)trauma ~ Coaching Package at your home €950,-

5 tailor made sessions, each 2hr15min, including whatsapp/email/zoom contact in between sessions. In these sessions we can address any of the fears and/or anxiety and/or trauma that you carry with you and that you want to disclose, in a respectful, compassionate and trauma informed way. Sessions can be with or without your (birth)partner. We can start any time, typically from 26 weeks onwards, 1 session every other week (last session at 36 weeks). We can include some bodywork in some or all of the sessions (i.e. polarity, jiggle, foot massage, neck massage, belly massage). Possible structure:
Session 1. Mapping your story, discovering your anchors; **Session 2.** Mapping labour, birth and postpartum; **Session 3.** Mapping your possible triggers & developing strategies; **Session 4.** Writing your Birth-communication-plan and postpartum-plan; **Session 5.** Preparing for Birth - with emotional support, physical (hands-on) support. This last session ideally with a (birth)partner present.

Extra coaching sessions on top of coaching package

Per extra session of 1,5hr € 110.-

Support with miscarriage at your home* € 198.-

Session is 3hours € 198.-
Follow up session 2hrs15min € 165,-

This session is to support you going through a miscarriage. I can come i.e. when you know the heartbeat of the fetus stopped, and you're waiting for your body to release. Or you may have planned medical help at the hospital (tablets or curretage) and want to be prepared physically and mentally for what is to come. Or you have a stop/start release. The session can include one or more elements: massage, cuppingmassage, acupressure, aromatherapy, rebozo, moxa fanning, polarity, metamorfoses massage.

Closing Ritual at your home* / doula price € 460.- / € 396.-

Session is 3,5 hours with 2 doula's
This ritual is usually done 6 weeks after the birth, but can be done at any time after that. This session is a combination of a herbal bath, a special tea, a 4-hands body massage, loving attention and the 'closing of the bones' with the rebozo. It works deeply and powerfully. You need to have a bath at home.

Postpartum doula-support at your home / doula price

Empathetic and practical support: (birth story) listening, coaching, cooking, partial massages (feet or neck). If full body massage is required, extra cost apply. Min. 2hrs per visit. Price p/hr: € 80,- / € 70,-

Package of 10 hours (4 days of 2,5 hours) € 750,- / € 650,-

Babymassage (ayurvedic) at your home / per baby

3-4 babies (1.5 hrs) € 45,-

2 babies (1.5 hrs) € 60.-

per individual session (1,5 hrs) € 98.-

prices are based on sessions in a home setting.

Prices valid from 1 January 2023 – 31 December 2023

- prices are **inclusive of transportation costs** (bike, car, public transport) if within Amsterdam/Amstelveen area
- If **parking** is needed (i.e. for massages at your house and weather is unfavourable / travel distance is far), parking costs will be billed accordingly. If you have a bezoekersvergunning (when you are living in Amsterdam you can apply for it), this may help to reduce the parking costs.
- If **taxi** is needed, and exceeds a cost of €10,-, it will be billed accordingly
- **Outside of Amsterdam/ Amstelveen** travel costs are €0,25 per km vv + parking costs
- The 'doula' prices for postpartum massage, are valid for a maximum of 3 massages after the birth, after which the normal tariff is applicable.
- any private sessions can be **cancelled** up to 48 hours in advance. If the booking is cancelled after 48 hours, the full costs will be charged. If cancellation is because of illness, the booking can be moved to another date/time. If cancellation is because of giving birth, cancellation is free of charge.
- if I'm **called to a birth** and have to reschedule an appointment, I will do my best to do so within 2 weeks of the initial appointment, according to availability. If because of this rescheduling you'd like to cancel the appointment, this can be done free of charge.

Doula~Birth Support Packages

I believe in giving you the best care possible, which includes seeing each other a minimum of 5 times before the birth (including the introductory meeting) and 2 times after the birth. In my (extensive!) experience, building up the trust relationship in this way is helpful for the process of giving birth and becoming a parent as well as for processing the journey that you have made. That said, I am always open for individualising care, which could mean we move one of the prenatal sessions to the postpartum period.

The pricing reflects the quality and quantity of care that I provide, as well as the experience that I bring and the willingness to learn and dive deeper which each pregnant person / couple that I support.

If money becomes an obstacle, please know that a payment plan is always an option. If you truly cannot afford my care, do know that I am building up a fund so that I can also support people for reduced prices. Don't hesitate to contact me to discuss this.

Prices for the doula packages are valid for people booking my services with due dates from 1 January 2023 up to 31 December 2023. Important to know:

- From every support that I give, I put €75,- into a **fund** to support pregnant people who cannot afford my care. I will either give discounted support for those women / couples, or I will support for free. I usually do so anyways at least once a year - in making this fund, I hope to do so more often.
- If you wish to donate into that fund, which will be very much appreciated; you can transfer into my bankaccount: **NL47 KNAB 0414727312**, with subject line '**doula fund**'.
- I usually charge €750,- upfront as a downpayment on my services, then at the 37 week mark, I will send the invoice for the remainder amount. A different payment plan is always an option. If you have less means, check out the '**Supporting Embrace doula-package**' and we'll have a conversation.
- **Returning doula clients** receive a welcome-back discount of €75,- on all packages. You can also opt to put this money into the doula-fund and receive a foot massage or neck/head massage (in one of our (then extended) sessions) instead.
- Incorporated in the package price is the service of a **back-up doula**. I work with trusted colleagues with similar vision to mine. Usually you will not meet the back-up doula in person before going into labour, as it is only in rare circumstances that I would not be able to attend your birth. A phone / zoom conversation can be arranged. If there's more reason to think that the back-up doula might be attending your birth, an in-person prenatal meeting of 1 hour can be planned.
- I usually do not write up the **birth story**; my advice for the mother/father is to write down their own experience, fairly shortly after the birth. I can give a general time line of events. If you'd like me to write a more detailed account, then this is possible for an additional € 95,-.
- I am very happy to take **pictures** during the birth. I am not a professional photographer though, so quality may vary according to (lighting) circumstances. I do have a camera that I can bring along. I will share all the pictures with you via dropbox (and will delete them afterwards from my camera and dropbox). I would appreciate to be able to use suitable pictures on my website or social media (after consent!).
- The 'doula' price for **postpartum massage**, is valid for a maximum of 3 massages within the first 3 months after birth, after which the normal tariff is applicable
- Any **extra sessions** outside of your package will be charged separately at the special 'doula' rate, the full specified list you'll find under 'Services during Pregnancy'
- Any Overdue, Released (broken) waters and no contractions or Breech sessions will be charged separately
- No **transportation costs** (bike, car, public transport) within Amsterdam/Amstelveen. Outside Amsterdam/Amstelveen transportation is billed at 0,25ct per km vv + parking costs
- **If parking is needed** (i.e. for massages at your house and weather is unfavourable / distance is further away, parking costs will be billed accordingly. If you have a bezoekersvergunning (when you are living in Amsterdam you can apply for it), this may help to reduce the parking costs
- If **taxi** is needed, and exceeds a cost of €10,-, it will be billed accordingly

All Embracing doula package

€ 1895,--

This comprehensive package gives you full care and support during pregnancy, birth and postpartum and is an excellent preparation for birth.

The All Embracing package includes:

- ❖ **1 introductory meeting** (free of charge, no strings attached)
- ❖ **4 meetings before birth** (3 sessions before week 36/37; last session around 37/38 week mark)
 - session 1: getting to know each others, background, previous experiences, wishes / needs for support in pregnancy and birth, etc. 1,5 -2hrs
 - session 2: Spinning Babies® Parent Class: exercises and postural work for balance and comfort in pregnancy and specific exercises for birth - 2,5-3 hours
 - session 3: to be determined together i.e.: coming to a visit to the midwife / hospital / discussion birth communication plan - preparation for birth / visualisations / breath work / foot and/or belly massage / preparation for the postpartum period - 1,5 - 2hrs
 - session 4: emotional, practical and hands-on support by (birth)partner - 1,5 - 2hrs
- ❖ **1 extra meeting if applicable** (max 1 hr) around 41-42 weeks, (if this becomes an overdue / released waters session, the time above 1hr will be billed separately)
- ❖ **unlimited support** via phone/email/whatsapp/zoom during the whole period
- ❖ Support in preparing for **birth communication plan** (by phone / email / whatsapp)
- ❖ free use of **birthTENS** for pain relief in labour
- ❖ **100 ml massage oil** especially made for you with organic essential oils
- ❖ **24hrs/7 on-call** from week 37 up to the birth
- ❖ **continuous support during labour and birth** & first hour(s) after birth, irrespective of the length of labour
- ❖ **pictures** during and / or after birth (with your or my camera), if circumstances allow
- ❖ up to 6 weeks after the birth **unlimited availability** through email/phone/whatsapp/zoom for (emotional) support, debriefing, references etc.
- ❖ **1 postpartum visit** within 10 days after birth - 1-1,5hr
- ❖ **1 concluding meeting** (1,5 - 2 hrs)
- ❖ **reduced prices for** (check out the discounts! at 'Services during Pregnancy' - look for 'doula price'):
 - extra session(s) before or after the birth - with i.e. foot/neck/lower back massage, cupping massage, visualisation, yoga, relaxation, breathing, preparation for birth, supportive massage for breastfeeding etc.
 - full body pregnancy / postpartum massage
 - released waters no contractions / 'overdue' (after 41weeks+3days) session

The sessions before birth can be tailor made: they can include practical tips (breathing, postures, how to deal with contractions, acupressure, counter pressure), partner support, explanation about the physiology of birth, wishes, needs for the birth, addressing fear and/or trauma, support with writing the birth plan/wishes, body work. If desired, meeting with midwife or coming to the hospital visit. Sessions can be with or without the person supporting you in birth (partner, friend, sister), according to your wishes/possibilities/circumstances. Any extra meetings will be charged accordingly, for the 'doula price' of €75,- per hour.

Relaxing Embrace doula package

€ 2160,-

Radical self care during your pregnancy and postpartum

The massages that I offer, are a full body / mind / soul experience. It is often deeply relaxing and nourishing on different levels. I tailor the massage to your individual needs and wishes.

The Relaxing Embrace package includes the same as the All Embracing package **PLUS:**

- ❖ **2x full body pregnancy massage** in the comfort of your own home (session of 2hr15min total)
- OR
- ❖ **1x full body pregnancy massage AND 1x postpartum massage**

Full Embrace ~ Duo Doula Package

€ 2095,--

Experience the luxury of having two doulas available for you with their complementary expertise, skills and personalities!

The duo consists of myself and one of my trusted and loved colleagues Ilena Standing or Laurina Cerrado. We will see you two times together prenatally, the other three prenatal meetings will be with one of us (to be determined). In the postpartum period, the doula who was with you at the birth will see you immediate postpartum. Both of us will see you in the concluding meeting. We will work with an on-call schedule for the due period (37-42 weeks), which will give you the overview who will be your primary doula to call when you go into labour. Our combined knowledge, experience and intuitive approach will give you the best care possible. It also means that if birth takes unexpected turns, the other doula is available as sparring partner, or if the birth is unusually long, she may be available to come in to give additional support.*

*provided she is available and not teaching or at another birth

The Full Embrace package includes:

- ❖ **1 introductory meeting** (free of charge, no strings attached) with both doulas
- ❖ **5 meetings: 4 before birth** (before 37 weeks) + **1 meeting before or after birth:**
 - session 1: getting to know each others, background, previous experiences, wishes / needs for support in pregnancy and birth, etc. 1,5 -2hrs (usually with the two of us)
 - session 2: Spinning Babies® Parent Class: exercises and postural work for balance and comfort in pregnancy and specific exercises for birth - 2,5-3 hours (with Joyce)
 - session 3: to be determined together i.e.: discussion birth communication plan - preparation for birth / visualisations / breath work / foot and/or belly massage / preparation for the postpartum period - 1,5 - 2hrs (with Ilena/Laurina)
 - session 4: emotional, practical and hands-on support by (birth)partner + anything else that needs to be addressed - 1,5 - 2hrs (with either Joyce or Ilena/Laurina)
 - Session 5: this could be an extra coaching session (i.e. with previous (birth trauma), coming along to meeting with midwife/hospital; a full body massage (prenatal or post natal), a breech or overdue / released water session, a supportive session with breastfeeding (including massage of neck/shoulders, breasts, feet) (to be determined, with Ilena/Laurina or with Joyce)
- ❖ **unlimited** phone/email/whatsapp support during the whole period
- ❖ Support in preparing for **birth communication plan** (by phone / email / whatsapp)
- ❖ free use of **birthTENS** for pain relief in labour
- ❖ **100 ml massage oil** especially made for you with organic essential oils
- ❖ **24hrs/7 on-call** from week 37 up to the birth
- ❖ **continuous support** during & first hours after birth, irrespective of the length of labour
- ❖ **pictures** during and / or after birth (with your or my camera)
- ❖ up to 6 weeks after the birth **available** through email/phone/whatsapp/zoom for (emotional) support, debriefing, references etc.
- ❖ **1 postpartum visit** within 10 days after birth - 1-1,5hr, with the doula who attended the birth
- ❖ **1 concluding meeting** (1,5 - 2 hrs) - with both Ilena/Laurina and Joyce
- ❖ **reduced prices** for any extra sessions, see above *Services during Pregnancy*, check out the 'doula price'

The sessions before birth can be tailor made: they can include practical tips (breathing, postures, how to deal with contractions, acupressure, counter pressure), partner support, explanation about the physiology of birth, wishes, needs for the birth, addressing fear and/or trauma, support with writing the birth plan/wishes, body work. If desired, meeting with midwife or coming to the hospital visit. Sessions can be with or without the person supporting you in birth (partner, friend, sister), according to your wishes/possibilities/circumstances. Any extra meetings will be charged accordingly (for the reduced 'doula price').

Caring Embrace short term doula package (contact is sought at/after 37 weeks) € 1795,-

This package makes sure you still have optimal care and support even though you secured your doula in a later stage in the pregnancy. I will free up my time (if possible) to be able to support you to the best I can.

The Caring Embrace package includes:

- ❖ **1 introductory meeting** (free of charge, no strings attached)
- ❖ **2 meetings before birth – each of 2,5-3hrs**
- ❖ **1 extra meeting** (max 1 hr) around 41 weeks, if applicable (if this becomes an overdue / released waters session, the time above 1hr will be billed separately)
- ❖ **unlimited** phone/email/whatsapp support during the whole period
- ❖ Support in preparing for **birth communication plan** (by phone / email / whatsapp)
- ❖ free use of **birthTENS** for pain relief in labour
- ❖ **100 ml massage oil** especially made for you with organic essential oils
- ❖ **24hrs/7 on-call** from week 37 up to the birth
- ❖ **continuous support** during & first hours after birth, irrespective of the length of labour
- ❖ **pictures** during and / or after birth (with your or my camera)
- ❖ up to 6 weeks after the birth **available** through email/phone/whatsapp for support
- ❖ **1 postpartum visit** within 10 days after birth - 1-1,5hr
- ❖ **1 concluding meeting** (1,5 - 2 hrs)

Healing Embrace planned cesarean birth support~doula package € 1195,-

Making your c-section the best possible experience for you, your baby and your partner.

The Supporting Embrace package includes:

- ❖ **1 introductory meeting** (free of charge, no strings attached)
- ❖ **2 sessions before birth**, with bodywork / massage, visualisation, preparing for what is coming, preparing for recovery after birth. 1 session can be a full body massage, or this session can be moved to the postpartum period.
- ❖ information about **family centred cesarean**
- ❖ support for writing **birth communication plan**
- ❖ **unlimited phone/email support** during the whole period
- ❖ **Present before, during and after the birth** (inside or outside the operating room)
- ❖ **1 visit immediate postpartum** (within first 4 days)
- ❖ up to 6 weeks after the birth **available** through email/phone for references, support
- ❖ **1x postpartum full body massage** or **massage to support breastfeeding**
- ❖ **1 concluding meeting** 1,5-2hrs

Anchoring Embrace abortion / pregnancy termination doula support € 995,-

This package offers you extra support, comfort and a listening ear in an intense time.

The Anchoring Embrace package includes:

- ❖ **1 introductory meeting** (free of charge, no strings attached)
- ❖ **2 sessions before the termination of pregnancy**, helping in decision making (if applicable), providing couple support with non-judgemental listening, empathetic support, counseling, bodywork / (full body) massage, visualisation, preparing for what is coming, preparing for recovery after birth, helping to create a ritual and closing. (1 session can be moved to postpartum period)
- ❖ **unlimited phone/email support** during the whole period
- ❖ **support during the process of physically letting go**
- ❖ up to 6 weeks after the birth **available** through email/phone for references, support
- ❖ **1 full body massage** in post termination period
- ❖ **1 concluding meeting**

Supporting Embrace doula support when you do not have the (full funds)

Sliding scale: **€495,- to €1395,-**

*My wish is that all people who wish to have a doula, or who would benefit from having this type of continuous support, but do not have the funds to fully pay my services, can still have access to my care. I set up a **Doula Fund**, in which I put €75,- of every invoice that I get paid. I also encourage clients and other people to donate if they have the means to do so. I charge a minimum of €495,- to cover any costs that I make. In exceptional cases I may work fully for free. We will have a conversation of how much you will be able to pay and then I will make an agreement / invoice for that. Paying in instalments is always possible. The amount accrued in the Doula Fund will determine how much discount I can give, and how many discounted clients I can take on.*

The Supporting Embrace package includes the same as the All Embracing package, the same care is provided.

Extra pampering / birth preparation sessions / massages can be booked against reduced prices for doula clients:

- ❖ extra session before or after the birth - with i.e. foot/neck/lower back massage, cupping massage, moxa fanning, coaching, visualisation, yoga, relaxation-yoga nidra, breathing, working with fear and pain, working with trauma : €150.- (instead of € 175.-) for 2,5hr sessions
- ❖ full body pregnancy / postpartum massage with organic essential oils in the comfort of your own home: €155.- (instead of € 175.-); total time with you: 2hr15min
- ❖ Released Waters, Waiting for Labour to Start / Waiting for Birth ('overdue' 41+ weeks) session/ Breech Consultation / Intrapartum Consultation
Sessions can include a choice / mix of the following: (cupping) massage, Spinning Babies® exercises, usage of rebozo, acupressure, moxa, polarity: €165.- (instead of € 240.-) >3hrs at the comfort of your own home. Acupressure and belly massage can be taught to the partner.
- ❖ Closing ritual with two doulas, in the comfort of your own home, session of >3,5 hrs (including 'closing the bones' with rebozo, 4 hand massage): €396,- (instead of €460,-)

Joyce Hoek-Pula

Embracing Birth NL

doula, doula trainer / owner @BiA Doula Training,

Spinning Babies® Parent Educator,

prenatal masseuse, postpartum masseuse, baby masseuse, massage trainer

Holding Space for Trauma facilitator

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Instagram: <https://www.instagram.com/embracingbirthnl/>

More information: www.embracingbirth.nl

Doula Training: www.biadoulatraining.com

VAT number: NL001860825B86

Bankaccount: NL21 KNAB 0405 8208 52 / Embracing Birth NL

Kvk number: 34378967 0000

AGB-code: 90103706

Certified member of the NBvD: professional organisation for doula's in the Netherlands

