Birthready

confident and informed birthing and beyond

Services and fees - Creating your best transition into life as a parent!

Come plan, prepare and experience this time in a joyful and empowering way.
Have your own birth and relationship coach, counsellor, educator and doula by your side during pregnancy, birth and early parenting.

With all the emotions, changes and choices you may be experiencing, I'm here for you! This is a time of life transformation, and I reassure you, that your time and energy invested now will be well worth your effort.

I am passionately committed to aiding a positive, strengthening and empowering time of personal growth and change for you. I bring my qualified health care skills, lived experience of birthing 2 children, attending every maternity hospital in Melbourne over the last 21 years, and supporting hundreds of women, men and families through their pregnancy, birth and early parenting time.

Parents are supported to feel their strength, make informed decisions, face fears, boost confidence and learn life skills for parenthood. Feel the health, joy, healing and satisfaction that can be yours!

Call me to find out more and make a booking 0407 685 933
or go to www.birthready.com.au

Table of contents

Our aims: 3

Fees and Services 3

During pregnancy - support | guidance | education 4

- Doula Basic package - $1450 ---- 4
- Doula Extra care package - $1840 ---- 4
- Doula Whole health care package - $2550 ---- 5
- Add on packages ---- 5

Support, education and coaching - your step by step guide 6

- Counselling and life coaching ---- 6
- Know your birth options and create your plan ---- 6
- Mindful birthing with hypnosis ---- 6
- Birth skills - 2 hr hands on labour rehearsal ---- 6
- Birthing after a caesarean ---- 6
- Workshops (or book privately at individual consultation rate) ---- 7
- Beer + Bubs - workshop ---- 7
- Active birth or parenting preparation ---- 7
- The consent lab ---- 7
- Peer learning and support circle ---- 7
- Birth debrief and newborn family care ---- 7

During parenting - support | guidance | education 8

- Home help with your newborn ---- 8
- Parenting and teamwork ---- 8
- Relationship intimacy with your partner ---- 8

General information 10

- Location, travel and parking ---- 10
- Times ---- 10
- Being on call and back up support ---- 10
- Payment details ---- 11

Testimonials 12

- Doula support ---- 12
- Birthready class ---- 12
- Beer + Bubs class ---- 12

Our aims:

- Build trust and confidence in your innate birthing and parenting abilities
- Explore your health care options, cultural influences and support informed choices
- Prepare you and your partner for an empowering birth experience
- Nurture a healthy partner relationship for your life as parents
- Help you be resourced and ready to care for your baby

Fees and Services

Birthready Ringwood — $120 1 hr | $160 1.5 hr | $195 2 h
In your home — add $50/visit,
Online — $120 1 hr

- Doula/birth attendance
- Pregnancy to parenting counselling and life coaching
- Know your options and create your birth plan
- Mindful birthing with hypnosis
- 2 hr Birth skills (labour rehearsal)
- The consent lab - (learn the tools of communication, touch and empowered consent)
- Workshops:
    - Active birth and parenting,
    - Beer and Bubs,
    - Peer learning circle (for women and their support person - pregnancy to parenting)
- Post-birth debriefing
- Home help with your newborn - postnatal doula support
- Parenting and teamwork - baby care, parenting skills, lifestyle awareness
- Healthy relationship care - for increased connection, communication, intimacy and support with your partner and yourself.

These rates apply to the list of services in the following pages unless otherwise stated.

During pregnancy - support | guidance | education

Our time together will enable a trusting partnership to develop, so you will have the support to navigate your pregnancy to parenting journey confidently and in your own way.

I bring a blend of coaching, counselling, education, NLP, group facilitation, hypnotherapy, mindfulness, bodywork, positive psychology, solution focused therapy and my own birth and life experiences to the support I offer you.

All packages below include:

- 24/7 phone support for emotional care, resources and guidance with decision making
- Being 'on call' from 2 weeks before your due date until birth
- Attendance at your birth (home, hospital or other location) (A fee of $50/hr applies to birth attendance after 15 hrs)
- A team of doula's to choose from to my back up (if need be)
- Erika's 'Birthready workbook' and 'Trust your body' guided meditation
- Access to a resource library of books, dvd's, cd's and more
- Use of active birth props such as CUB (U shaped birthing chair), oils, physio ball
- Continuity of care and personal attention from home to hospital
- Follow up phone support for the first 6 weeks after birth.
- 1 prenatal visit and all postnatal visits are in your home. All other visits are at Birthready Ringwood (or add the travel fee for home visit).

Doula Basic package - $1450

1 x 2 hr prenatal visit, on call, birth attendance and 1 postnatal debrief over phone.
Get to know your birth support team, create your birth plan and explore your labour support techniques.

Doula Extra care package - $1840

3 prenatal sessions, on call, birth attendance and 1 postnatal session.
Develop helpful life and birth skills. Practice mind, body, breath and relaxation practices for easier birthing. Create a birth plan. Process fears and concerns that arise along the way. Deepen your relationship with your partner and communicate effectively with your birth team.

Outline: 3 x 1.5 hr prenatal sessions

- Birth coaching session to work through your birth preparation check-list
- Birth skills session - a labour rehearsal at your home
- Know your options and create your birth plan for your birth support team

Outline: 1 x 1.5 hr post natal session

- Birth debrief and newborn mother care

Doula Whole health care package - $2550

5 prenatal sessions, on call, birth attendance and 3 postnatal sessions.
This is a comprehensive doula and coaching program supporting you through to your child's 1st birthday.

Outline: 5 x 1.5 hr prenatal sessions

- Birth coaching session to work through your birth preparation check-list
- Mindful birthing with hypnosis session (inc guidebook and 5 audio meditations)
- Birth skills session - A labour rehearsal at home.
- Know your options and create your birth plan for your birth support team.
- Parenting preparation - to nurture team work as parents and a healthy partner relationship.

Outline: 3 x 1.5 hr postnatal sessions

- Birth debrief and newborn mother care
- Postnatal support and getting to know your baby care
- Relationship wellness and care for self, as a couple and family.

Add on packages

Postnatal home help package $600 (save $60)

4 x 3 hr postnatal home help sessions. Get home help at the start of parenting life.

Active birth education package A $490 (save $65)

- Group session: Beer and bubs for the birth partner
- Active birth and parenting preparation 2 x 3 hr

Mindfulness education package B $390 (save $60)

- Group session: Beer and bubs for the birth partner
- Mindful birthing with Hypnosis 3 x 1.5 hr sessions, 5 guided meditation tracks & workbook

Support, education and coaching - your step by step guide

Counselling and life coaching

Set goals alongside nurturing self-acceptance. Explore how you want your feelings, thoughts, behaviours and beliefs to serve you. Process your challenges and boost your emotional intelligence. Be more confident and able to navigate the challenges, changes and choices you may be facing.

Know your birth options and create your plan

Explore your maternity care options. Learn effective communication tools to make empowered decisions. Create your birth plan and explore your desires for the unique way you wish to be supported.

Mindful birthing with hypnosis

Use the theory and practice of Mindfulness, Calmbirth and Hypnosis for your birth preparation. Experience deep relaxation at each session. Deepen your mind/body skills to more quickly and easily feel safer, in control and focused on what you want to achieve. Using solution focused, positive psychology, NLP, hypnotherapy and parts therapy as processes to create positive change. Reframe fears and difficult emotions and feel more calm, capable and confident.

Cost $390 for 3 x 1.5 hr sessions. (5 guided meditations & workbook)

Birth skills - 2 hr hands on labour rehearsal

It's time for your labour rehearsal! For comfort, focus, pain relief and partner support strategies, this hands-on session helps you understand how your mind and body work together to allow birth to progress at its best. We cover basic birth anatomy and then practice active birthing positions, optimal foetal positioning, massage and relaxation techniques, breathing exercises and partner support strategies, through all the stages of labour.

Cost $195/couple. $97.5/individual

Birthing after a caesarean

Have the support to explore your VBAC questions, debrief your past birth/s, get the facts about VBAC benefits and risk, and start to create your birth plan. Complement this workshop by attending the Birth skills session to practice comfort/pain relief techniques to better manage labour.

Workshops (or book privately at individual consultation rate)

Beer + Bubs - workshop

A one-night session at the pub where expectant dads meet to learn and explore how they can give good labour support and experience birth more positively. This helps prepare fathers for an active, caring role, now and into the future. A dad shares his birth story and pub meal is included.

Cost $69/person.

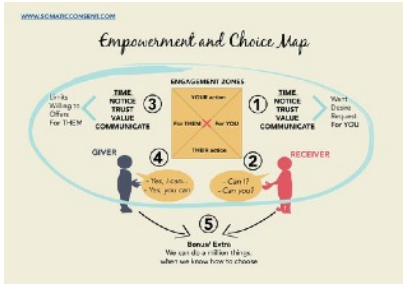
Active birth or parenting preparation

Increase your ability to birth consciously, actively and grow personally from the experience. Materials provided.
* Session 1: Understand the amazing design of birth and how you and your partner can work with it to achieve a safer, more satisfying and positive birth experience. Hands-on practices.
* Session 2: Learn the fundamentals of baby care, explore how to nurture a healthy partner relationship and how to prepare yourself for the changes parenting brings.

Cost $340/couple: $170/person for 3 hr session |$680 for 2 sessions

The consent lab

Explore the foundations of making an empowered decision - in the birth room and the bedroom. Feel more safe, skilled and responsible as you learn & practice: giving & receiving touch, communicating effectively, exploring your desires, setting limits & boundaries as you engage with others.



Peer learning and support circle

This is a facilitated process for both parents and carers. It uses group discussion, Q+A's, hands-on practices and education to explore how we can be happier, healthier and wiser humans during pregnancy to early parenting time. Group direction is adaptable to the needs of the group whilst achieving its core purpose of the connection, communication, care and learning.

Cost: $20/person. 7 - 8.30 pm First Thursday of each month

Birth debrief and newborn family care

Have emotional support to share and process your birth story. Draw upon your learnings for your personal growth and explore positive ways to integrate this into your life.

During parenting - support | guidance | education

Home help with your newborn

This is a special time of gentle encouragement, boosting your confidence and helping you feel more able to care for yourself and your baby :

- Emotional care and ideas on how to manage your responsibilities, tasks and personal needs.
- A pair of helping hands around the house – tidying, cooking, cleaning, etc
- Helping with the baby so you can care for yourself – eg have a shower!
- Helping with your recovery and healing process with nurturing massages and bodywork
- Closing ceremony to bring your body's attention back into itself
- Discussing your baby's feeding, sleeping, crying and settling issues
- Gently helping you to be proactive about the direction you want family life to take

Cost - casual rate - 3 hrs $195 and $65/hr thereafter
- overnight stay 7 hrs $390 (usually 11pm-6am)

Parenting and teamwork

Create a supportive and manageable work and home life balance. Make time to talk through the tough stuff of being a parent and clarify what's working, what's not and create positive change to your day to day life:

- Define what is a healthy relationship and good teamwork as parents.
- Plan how to better manage conflict, stress and disconnection at parents.
- Practice effective communication and manage your emotions well.
- Explore cultural and personal expectations on you as a parent.
- Negotiate roles, responsibilities and who does what on the 'to do' list.
- Explore self-care practices and your personal interests outside of parenting.
- Deal with unhelpful emotions, patterns of behaviour, habits and beliefs you hold.
- Set goals for the direction you and your family want to take.

Relationship intimacy with your partner

Deepen your connection, communication and intimacy with your partner. Build strong foundations of love, health and happiness in your growing family life. Together I facilitate discussion and practices to help you both:

- Define what is a healthy relationship and good teamwork as a couple.
- Improve your communication skills to express your needs, feel heard and understood.
- Learn easy, practical and fun ways to boost loving connection and intimacy.
- Understand each other's love languages and how to give and receive that love.
- Work through conflict and stuckness you may have in your relationship.

"There is great power in childbirth
it's up to you to claim it or give it away - it's your choice"
Debra Pascali-Bonaro

What do you need to be Birthready?
Call for a free chat
Explore your preparation and support options today.

General information

Location, travel and parking

- Consultations at Birthready Ringwood, or may be held in your home, or at an agreed location.
- In labour I will attend you at home, in hospital or your intended place of birth. I can be available to drive you to the hospital, or be with you as you travel.
- Cost for travel further than 30 min will be negotiated.
- An extra invoice is issued for parking fees or taxi's incurred by providing these services.

Times

Monday – Friday Day time 4pm – 6pm
Monday and Thursday Evening 4pm - 9pm
Saturday morning 8am - 1pm

Other times for home visits may be possible depending on our mutual availability.

Being on call and back up support

- I am 'on call' for you from 2 weeks before your due date up until you give birth. Any extra weeks of being 'on call' cost $100/wk. I allocate 4 x 24 hrs a month to be 'off call'.

- If I am unable to attend due to illness, attending another birth, running workshops or am not 'on call' then a back up doula will attend you. This happens about 1:15 births.

- Your back up doula is chosen because of her suitability and availability. You have the right to choose your own. This doula abides by the 'Birthready code of ethics' and 'backup doula services and fees agreement'. There are no extra costs for your back up doula except to meet face to face. A cost of $50 is charged to meet at a mutually agreed place. It is worth considering using a support services of your back up doula.

Payment details

Payments are cash, cheque or bank transfer, and is negotiated at the onset of our partnership. A minimum $500 non-refundable deposit will be required at that time which is a part of your package. Part payments are due at prenatal visits. A payment plan be negotiated. Final payment is due at the onset of the 'on call' period. If you have financial hardship please talk to me.

EFT details: Name: Erika Munton, BSB: 063 191, Account #1021 2420.
Please include your name in the transaction record

Testimonials

Doula support

Dear Erika, Thank you so much for all your support, encouragement, persistence and patience throughout Georgie's birth. I know I presented plenty of challenges and spent a lot of time rejecting everything that was offered to me. But your willingness and ability to stay present even when I couldn't meant that I got the birth I really wanted. As I said I wouldn't and couldn't have done it without you. So thanks for trusting things when I couldn't, for asking questions when I was too out of it to think of them, and for being an invaluable support to my partner. I'm so grateful and happy that we made the choice to make you a part of our team. Thanks again, Kate and Hop.

Erika provided us with all the possible Doula benefits you'll read about online and did so in a way that was so enriching, engaging and empowering, we couldn't wait for our next meeting with her. She was worth the investment!

She gave us a multitude of tools to prepare for birth mentally and physically and did so with much warmth and professionalism. She made it so easy for us to place our full trust in her and at the end, during the birth, her calm and caring presence in conjunction with her wealth of knowledge and experience gave us the confidence we needed to achieve the natural, drug free birth we so much wanted for our baby.

He was born into this world healthy and safe, calm, content, strong and alert without the need for any intervention and my recovery was faster than I could have imagined. We attribute much of this to Erika's incredible service, the way in which she prepared and educated us, along with her guidance and emotional support during both pregnancy and labour. After what she did for our little family and the way in which she did it, we could not recommend her highly enough. Cassy and Andrew 2013

Birthready class

"I now feel empowered, excited and in awe of the process". Lucille (first time mum to be).

"I found the workshop incredibly informative and empowering. I feel much less anxious about the birth and have more confidence in my body's ability to birth naturally, and with minimal, if any, intervention". First time mum to be.

"My confidence to B.R.A.I.N. a situation to help my wife and baby has sky-rocketed. Thank you!" Craig - first time dad to be.

Beer + Bubs class

Birth can be so intimidating to think about, but after the Beer + Bubs session I was feeling so much better. I understood how I could help my partner and myself have a better birth experience. It was cool to hang with other dads to be also. Sam.