





Elephant Song

Thank you for considering Elephant Song Doula Services for your upcoming Birth! We look forward to providing you with compassionate, evidence-based care that your family can trust.

At ESDS we believe that the human body is capable of miraculous things when a birth team understands that the birthing Person is the star of the show and the key decision-maker.

We take pride in teaching birthing people and their support person to advocate for their needs and stand firm in the knowledge they have about themselves, their bodies, and their baby.

Thank you again, for choosing Elephant Song Doula Services for your informed & empowered birth!

Owner & Childbirth Educator

Kieashia DeShawn



# WHAT YOU CAN Expect

#### **Evidence-based Care**

Providing evidence-based care means that the guidance and support we provide are grounded in the latest and most reliable scientific research. This approach ensures that every recommendation, technique, and practice we offer is proven to be safe and effective. As a reputable Black-owned private doula practice, we are committed to combining this rigorous scientific foundation with a deep understanding of cultural relevance and personal experiences. This blend ensures that our clients receive holistic, informed, and compassionate care tailored to their unique needs and aspirations, empowering them to make the best decisions for themselves and their families..

#### **Privacy**

We value your privacy and are dedicated to protecting your personal information.

Elephant Doula Services will not disclose any information regarding your pregnancy, or any sensitive information to any person/agency/organization without your concent.

# Med THE TEAM



### CHERRELL FULTON (SHE/HER)

Doula

""Hey everyone! My name is Cherrell I am a mother of 3 beautiful children and a sister to many. I am a native of Pittsburgh and I enjoy working within my community. I was trained as a Doula and Lactation Counselor in 2019. Since then it has been a pleasure serving mothers and their families. There is so much support to be given and things to change in the world of Maternal and Child health! It is the duty of the village to ensure these changes are made and this is why I am here!! I look forward to working with you and your family!"



### LA'DASHA BROWNFIELD (SHE/HER)

Dowla

"Hello, my name is La'Dasha, an educated, passionate, & dedicated doula. I love supporting and educating families in this special time of their lives. Over 3 years I have been grateful to experience numerous births. Creating a safe place and nice nurturing environment is always my first goal. With a background in massage therapy, I'm here to help support and relax families during this special time in their lives."

# Med TEAM



#### HALONA MCKAMEY (SHE/HER)

Dowla

"Hello, my name is Halona McKamey but you can call me Lona. I am from Pittsburgh, PA. I chose birth work because I am passionate and inspired by the need for doulas in our community and wanted to be part of change by promoting and advocating for all women. As a doula, I can promote and advocate for rights regardless of race, ethnicity, nationality, immigration, or financial status. Everyone has the right to be respected and quality maternal healthcare, free of discrimination and violence."



#### KIMBERLY DERICO

Doula

Hello! My name is Kim, and I am a dedicated birth doula here to support you. With a kind and calm approach, I believe that "natural and spiritual" is the way to go, embracing birth as both a profound physical event and a deeply spiritual journey. My goal is to support you in achieving a birth experience that is empowering, serene, and in alignment with your personal values. I am here to guide and support you every step of the way, ensuring that you feel confident, prepared, and deeply cared for throughout your birthing journey.

### BOTSWANA

Birth Package





Experience unparalleled care and support with our premium "Botswana" Birth Support Package, the ultimate choice for expectant parents seeking the most comprehensive and luxurious doula services. This exclusive package is designed to provide you with the highest level of personalized care, ensuring a serene and empowering birth experience.

\$2,000

#### WHAT'S INCLUDED:

- 30-minute Virtual Consultation
- Virtual Welcome Session
- Virtual Birth Planning Session
- 6 Prenatal Sessions

- Virtual Postpartum
  Planning Session
- Labor & Birth Support
- 4 Postpartum Visits

### ZIMBABWE

Birth Package

\$1,600



#### WHAT'S INCLUDED:

- 30-minute Virtual Consultation
- Virtual Welcome Session
- Virtual Birth Planning Session
- 4 Prenatal Sessions
- Virtual Postpartum Planning Session
- Labor & Birth Support
- 2 Postpartum Visits

Choosing the Zimbabwe Birth Support Package means investing in high-quality care and personalized attention for your birthing journey. Our team is committed to ensuring you feel safe, supported, and empowered every step of the way. Embrace a positive and enriching birth experience, and let us guide you through this incredible journey with exceptional care and support.

### TANZANIA

# Birth Package





Discover peace of mind and essential support with our "Tanzania" Birth Support Package, designed for expectant parents seeking foundational care and guidance. This thoughtfully curated package provides the key services you need for a confident and empowered birthing experience.

\$1,200

#### WHATS INCLUDED:

- 30-minute Virtual Consultation
- Virtual Welcome Session
- Birth Planning Workbook
- **4 Prenatal Sessions**

- Postpartum Planning
  Workbook
- Labor & Birth Support
- 1 Postpartum Visit

### KENYA

## Postpartum Package



\$1,000

#### WHATS INCLUDED

30-minute Virtual Consultation

Virtual Postpartum Planning Session

8 Postpartum Visits

Light Housework

Meal Preparation

Laundry (for baby)

Errands & Grocery Pickup

Ensure a smooth and supported transition into parenthood with our "Kenya" Postpartum Support Package. This comprehensive service is designed to complement our prenatal packages, providing you with essential care and guidance during the critical postpartum period. Choosing the Kenya Postpartum Support Package means investing in comprehensive, high-quality care for the critical postpartum period.

# CLASSES & Workshops



#### **POSTPARTUM CARE**

\$300

Our engaging & informative 2-hour class will equip you with the essential knowledge and skills to confidently navigate the postpartum period. Learn about newborn care, postpartum recovery, and practical tips for maintaining your well-being

#### **NEWBORN CARE**

\$300

This engaging and practical class will cover all the essentials, from diapering and bathing to soothing techniques and sleep routines.you will gain the confidence and skills needed to confidently care for your newborn.

#### BREASTFEEDING BASICS

\$300

Empower yourself for a smoother transition into parenthood! This engaging 2-hour class will cover essential topics, including latching techniques, understanding your baby's hunger cues, and managing common breastfeeding challenges.

#### **BIRTH PARTNER PREP**

\$300

Designed for expectant fathers, spouses, significant others, supportive family members, and friends, this engaging session covers essential techniques for providing comfort, emotional support, and practical assistance during childbirth.

# A LÁ CARTE Services



\$300

#### BIRTH PLANNING SESSION

Take charge of your birthing experience with our 2-hour Birth Planning Session. This informative session will help you create a personalized birth plan that aligns with your preferences and values. You will gain confidence and peace of mind knowing you're prepared for the big day!

POSTPARTUM
PLANNING SESSION

This engaging and practical session will help you develop a personalized postpartum plan, covering everything from recovery tips and newborn care to managing visitors and self-care strategies. You will leave with practical tools to help you navigate the postpartum period with ease.

#### LACTATION Support

Our experienced lactation consultant will visit your hospital room or home to provide personalized guidance on latching techniques, milk supply, and overcoming common breastfeeding challenges. Enjoy the comfort of learning in your own space and gain the confidence to nourish your newborn successfully.

\$300

#### **ASK A DOULA**

Get all your questions answered with our 1-hour Virtual "Ask A Doula" Session, perfect for expectant parents seeking personalized advice. Whether you're curious about pregnancy, birth, postpartum care, or newborn tips, we are here to provide expert guidance and support.

\$80

\$250

# FAQ



#### "WHY ARE BIRTH OUTCOMES BETTER WITH DOULAS PRESENT?"

Studies have consistently shown that doula care is associated with shorter labors, less use of epidurals and other pain medications, lower episiotomy rates, and as much as a 50% reduction in the C-section rate. Research has also shown better clinical outcomes for both the mother and the baby (including fewer admissions to neonatal special care units, better breastfeeding rates, and better family bonding). A doula also provides care for the mother's partner and other family members, assists busy hospital staff, saves money, and greatly increases a mother's overall satisfaction with her birthing experience.

#### "IS A DOULA THE SAME THING AS A MIDWIFE?"

No. A doula provides no medical or nursing care. Since she doesn't have these responsibilities, or other patients to attend to, she can give her complete attention to being by a woman's side for the entire length of her labor.

#### "DOES A DOULA REPLACE A FATHER OR PARTNER?"

A doula doesn't replace anyone. They are another member of the birth team and support everyone in their own role. A doula's presence helps fathers and partners participate at their own comfort level, showing them how and when to use various comfort techniques, providing information, and in some cases, looking after them as well. Partners are often grateful to be able to share the "coaching" responsibility with someone more experienced and can therefore enjoy the birth experience more.

#### "CAN A DOULA SUPPORT A PERSON HAVING AN EPIDURAL OR C-SECTION?"

Yes. A doula's presence is helpful during early labor and during the epidural placement process. The doula then continues to care for the woman and her family, offering emotional and informational support. And when it's time to deliver the baby, the doula's assistance can be invaluable.

A person having a C-section can still use a doula's support also. The doula may or may not be permitted in the operating room, depending on the wishes of the family and the medical staff, but either way, the doula is still there for the new parents in the recovery room.

## THE NEXT

Step!

<u>Click Here</u> to complete our New Client Form online.





