



S E R V I C E S  
&  
Pricing Guide

~ *Birth Wisdom* ~



# Birth Wisdom

## Welcome!

IT'S SO NICE TO MEET YOU

I have put together a services and pricing guide so that you can see how some of the things I do are broken down.

I often get asked "what does a doula do anyway?" which also then leads to "How much does all of this cost?" after they have heard of all the various services.

So this here is a little guide to demystify it all and make it hopefully more understandable and less overwhelming.

If you are pregnant or thinking about it and you are starting to look around at some of the things you might need, this is a great place to be.

Well the wonderful thing here is, that a doula can definitely help you with that. You see, my role is as broad as you need it to be. I am not just there for your birth but for the pregnancy too.

A client once said to me that I am her pregnancy and birth guru, a handy companion with information and knowledge of where the all the good stuff is.

So if you are looking to have a handy know it all, I'm your doula.



Rosafia

CERTIFIED BIRTH AND BEREAVEMENT DOULA

BIRTH WISDOM | SERVICES & PRICING GUIDE



BIRTH WISDOM

# My Mission

I am a parent mentor and alternative healer honouring the age-old tradition of supporting people in various rites of passage through life.

I believe in the inherent power of birthing people and wish to come alongside them as they explore their alternatives and journey through birth into parenthood.

My overarching mission is to offer support that is individualised and specific to the needs of those that hire me.

# I'm Rosalia!



## A little about me...

I have been a birth doula since 2003. I trained in South Africa and the U.S. and have literally loved every moment of this incredible journey. A more extensive resumé of all my studies is available on my website.

I have had a wide range of experiences, from home births, to birth clinics, hospitals and even caesarean births in the surgical theatre.

I have been present at over 1450+ births and whilst not all of them were what was hoped for, they were powerful and I learnt from each and every one of them.

My passion comes from being of service to people during one of life's greatest transitions. I particularly like to work with people from early pregnancy onwards.

My approach to being a doula is certainly not typical, in the sense that I do not come to you expecting you to just trust me and unburden all your fears and hopes. I believe it takes time to build trust and so I will invest into our relationship as much as you are willing to.

This means my doula care is not your typical doula care but that we will meet as often as you feel is necessary to build a solid relationship together. I am happy to walk along side you for the entire pregnancy, so that we can be a solid team together at your birth.

Each doula relationship is unique so what we discuss and work on is tailor-made to you and your needs.

I believe that you are fully capable and able to birth and parent your child. My role is as your aide, where and when you need me.

In truth, I just like to come along for the oxytocin high at the end ;-)  
Just kidding! (maybe)

# Packages

## HOW CAN I HELP YOU?

I have a doula package that is completely tailored to suit your own needs.

PREMIUM - includes all the prenatal visits, 8hrs of birth preparation classes, access to [M]otherboard visual birth plan app, and 2 postnatal visits at home, tens machine use

DOULA PACKAGES :  
2100 €

My classes are evidence based and follow the Birthing From Within philosophy. Materials and visuals are from [M]otherboard Birth.

4 week series - 2hrs a week.  
Weekend intensive - 4hrs x 2

Classes are in group, individual or online

CLASSES PACKAGE :  
FROM 150 - 700 €

I offer various healing options:  
Reiki healing  
Pain coping techniques for birth  
Fear release  
Birth Trauma release  
Optimal fetal positioning advice -  
Acupressure, Rebozo, Side lying release,  
EFT, Pelvic Floor release, Moxa.  
Belly Binding & Closing ceremony after  
birth at your home  
Belly Binding and rental of belly  
binding cloth,  
Blessingway ceremony facilitation  
TENS machine hire and more

HEALING PACKAGE :  
€ 40 - 380

I also offer Full Spectrum Birth and Bereavement Doula Care to people across the full range of pregnancy and end of life transition experiences.

This includes any trimester miscarriage, stillbirth, abortion, adoption, surrogacy and end of life/death transitions.

I am present to the full cycle of life and death circle, and honour the different life transitions with a respectful and inclusive attitude.

BEREAVEMENT PACKAGE :  
LOVE OFFERING

# *Service Descriptions*

## DOULA

As a doula, my main goal is to support you and build a relationship based on trust. The way I do this is to get to know you well and you get to do the same with me. I like to start seeing my clients as early as possible so that we have time through the pregnancy to do the work we need to do together. I don't have a limit on our prenatal visits, they are included in the cost of the package.

## CLASSES

The childbirth preparation classes are really helpful in feeling prepared and confident for your birth. We cover proven pain coping practices, physiological labour and birth, how to work through fears, how partners can be more involved, interventions pros and cons, welcoming baby, feeding baby, and so much more.

## ADD-ONS

All add on services help you either in your pregnancy and postpartum. Understanding your baby's position inside your pelvis, and what you can do to influence that to find ease in the pregnancy and encourage baby into a better position for birth, can help hugely. Exploring your needs for the postpartum can help you be better prepared and supported in this time.

## TRAVEL

Currently I travel to anywhere in Southern Finland. I am able to support in the following hospitals: Helsinki women's clinic, Espoo, Lohja, Hyvinkää, Lahti, Kotka, Tampere and Turku. I charge for travel so please enquire what this entails so that you understand how I break it all down to be there for you when you need me.



# *Premium Doula Package*

H A V E I T A L L

## **I N C L U D E D :**

Telephonic availability from deposit to birth with 24/7 availability from 38-42 weeks

Monthly, bimonthly and weekly prenatal visits at your home and in my rooms, leading up to the birth

8 hr birth preparation classes

Loan of TENS machine and rebozo

Labour and birth support at home and in hospital

2 x postnatal visits at home with breastfeeding support

## **I N V E S T M E N T**

€ 2100

This is the deluxe of doula care packages. My services are for those people that want to feel prepared and want to invest in their success. There are unlimited prenatal visits at your home and at my rooms, nutritional preparation for birth, 8 hours of Birthing From Within birth preparation classes utilising incredible images and artwork, conversations to help you create your birth intention list through the use of visual birth plan icons, formulating a plan of action specific to your preferences, together with your partner and family. We cover Spinning Babies® fetal positioning basics and rebozo use as well. It includes 100% doula support throughout your labour and birth and immediate postpartum for several hours and then postnatal visits at your home thereafter.

# Why only one package?

Y O U   D E S E R V E   B E T T E R

## F E E D B A C K

Having Rosalia as our birth doula was the best decision that we made and I'm grateful for that. She was amazing from start to finish. She prepared me for what to expect during labor and delivery. She worked with my fears and educated me on how to cope with them. She helped me create a birth plan that reflected my wishes and values. She was always available to answer my questions and calm me. During labor, she was by my side, providing me with physical and emotional support. She helped me with breathing techniques, massage, aromatherapy, and affirmations. She also supported my husband by giving him tips on how to help me and taking care of his needs as well. She made us feel like a team. Thanks to her, I had a positive and empowering birth experience.

-Swati and Mayank

T A L K   T O   M E   A B O U T  
P A Y M E N T   P L A N S

From my years of experience in supporting over 1450 births, I have seen what works the best to help people have a better birth experience. Support is a very personal thing and to best support you, I need to know you! We need to trust one another and that takes time. I am willing to invest the time in you if you are willing to also invest the same time in yourself.

I cannot promise a specific outcome but I can promise that you will be supported no matter what arises and you will never feel alone or misunderstood.

Currently I have a comprehensive package that has all the features of what I offer and you get to tailor it however you like or works for you. I believe you deserve better so I offer you that.



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# *Our Time Together*

## WHAT YOU CAN EXPECT

01

After our initial interview and agreement to work together, we will set up some dates and times to get to know one another better. These are to help us build on the trust that is needed to feel comfortable with one another in the birthing space.

02

Our meetings will include some seriousness and some fun. Together we will explore what you want to know more about and I get to share some of the things I have found works well during pregnancy and birth.

03

During our time together we will explore comfort measures, coping techniques, releasing fear or past trauma, what labour looks like for those supporting you, preparing mentally for birthing and parenting, and anything that is important to you.

04

From 38 weeks I am on call and ready when the call comes in. Night or day! This means I do not plan trips or major events that would make me unavailable. I also work with a back up doula for peace of mind, should something unpredictable happen.

05

After the birth is over we still get some time together to ensure you have a good handle on feeding your new little one. We also go over the birth so you can ask any questions and together we explore what this new normal looks like.

# *Evidence-Based Benefits*

## O F   D O U L A   C A R E

B E N E F I T   0 1

Overall, people who received continuous doula support were more likely to have spontaneous vaginal births and less likely to have any pain medication, epidurals, negative feelings about childbirth, vacuum or forceps-assisted births, and Caesarean births.

B E N E F I T   0 2

Furthermore the length of labours were shorter by about 40 minutes and their babies were less likely to have low Apgar scores at birth. Chest or Breastfeeding also showed marked improvement with a doula present after birth.

B E N E F I T   0 3

Doula support in labour also showed overall lower risk of postpartum depression. There is no evidence for negative consequences to continuous labor support.

**For more info about the evidence visit:**  
**[evidencebasedbirth.com/the-evidence-for-doulas](http://evidencebasedbirth.com/the-evidence-for-doulas)**

# Extra Services

STAND ALONE OR ADD-ON



## INCLUDED:

I offer various alternative healing modalities and comfort measures. A combination of these can be used quite successfully to improve pregnancy, labour and birth complications. Please visit my prices page for costs on the various sessions.

Offerings include:

- Reiki healing
- EFT- Emotional freedom technique
- Polarity
- Acupressure
- Moxibustion
- Cupping
- Belly binding
- Closing ceremony and more

FROM € 130

## INCLUDED:

- Birth art – a means of exploring fears and worries
- Birthing again – for the more experienced mothers that want a refresher or a taste of something different
- Birth tiger safari – confronting fears and finding ways to cope
- Birth in our culture – where are you coming from
- Birth stories – healing your birth trauma
- Walking the sacred path – rich interactive process using a labyrinth to understand labour, birth and beyond
- Pain coping practices – Building a pain coping mindset for birth and life

FROM € 130

# Extra Services

STAND ALONE OR ADD-ON



OPTIMAL  
FETAL  
POSITIONING



REBOZO

## INCLUDED:

Based on teachings learnt attending Spinning Babies® workshops, I assist couples to understand the importance of optimal foetal positioning by understanding and mapping where their baby is within the pelvis and encouraging positions that may help open the level of the pelvis where the baby is at.

Common labour difficulties can be addressed and may be relieved using various physiologic techniques.

I also illustrate how to do various other Spinning Babies daily exercises and movements including using the Rebozo for sifting the pelvis, forward-leaning inversion, followed by side-lying release and finally abdominal or standing myofascial release.

€ 130

## INCLUDED:

This is an ancient Mexican tradition of using a large woven cloth to assist with various chores and tasks. In pregnancy, labour, birth and postpartum it is used to bring comfort and relief through various exercises done with the rebozo. Benefits include:

- easing discomfort, backaches and heavy belly aches.
- assisting in repositioning baby
- assisting in turning breech or posterior babies.
- massaging pregnant people's bodies to feel better and to close of the bones opened during childbirth.

moving/supporting different position changes to aid birth

€ 130

# Extra Services

STAND ALONE OR ADD-ON



## INCLUDED:

Know your options. Know your resources.

[M]otherboard offers you information that talks straight to what matters to you and tells you the benefits and risks for each decision you make. You get to decide when and how to use those tools based on what's going on medically and what's important to you.

Benefits with using [M]otherboard visual birth plan app:

- Research, select and share birth preferences
- Invite your birth team to collaborate on your Birth Plan.
- Download / Print your Plan.
- Better communication with your care team with icons

€ 50 - 110

## INCLUDED:

Want to learn how to nourish your body adequately and help your body prepare for a smoother transition into labour and birth?

Together we focus on what nutrients your body needs, what they do for your body and how they affect the way your body is preparing for labour and birth. When the body has all the elements it needs to prepare the uterus and cervix to work efficiently, then labour and birth can be much smoother and even quicker than the average. Of course your baby's position also plays a role but that is a discussion for another time.

Take the guess work out of what you need to nourish yourself adequately.

FROM € 59 - 110

# Extra Services

STAND ALONE OR ADD-ON



## BIRTH PREPARATION



## CHEST/BREAST FEEDING

### INCLUDED:

- Basics of Pregnancy, Labour and Birth Physiology
- Coping and Accepting with Unwished for Surprises
- Caesarean Awareness and Preparation
- Information about Interventions and Medicated Pain Relief Options
- How to Get Information from Professionals and Give Informed Consent
- Father, Partner or Birth Companion Support Skills
- Bonding, Feeding and Caring for Your New-born Baby
- Postpartum Planning, Adapting and Healing
- Nurturing Yourselves as a Family

FROM €150 - 700

### INCLUDED:

Chest/breast feeding facilitation is offered to all my doula clients as part of my services. For other mothers/parents that are experiencing difficulties I offer support and guidance to help re-establish breastfeeding if things have somehow gotten off on a bad footing, to correct positioning and latching for optimal feeding, to assess for potential problems and how to avoid them altogether. Sometimes breast/chest feeding is not possible and mothers/parents need support and guidance there as well to make the best decisions for the benefit of both the mother/parent and child dyad.

FROM €110

# Testimonials

CLIENT WORDS OF LOVE



## Mmamonyane Diremelo

With Lia's loving support and guidance I learnt to trust myself and my body. Lia's compassion and larger than life presence, immediately gave me comfort. It was the most amazing experience of my life when I brought forth my second healthy baby boy in the world. I cried tears of joy and gratitude."



## Julie Matheson

The moment I met Rosalia I had the overwhelming desire to crawl into her arms like a child. Rosalia is naturally maternal and her strength and kindness bubble from her, along with her infectious laughter.

Throughout my two natural water births, I felt strong and completely capable. Rosalia knew exactly what to do and I felt protected and loved throughout the whole experience.



## Regina Oberholzer

Rosalia came into my life as a huge blessing. She helped me move past my previous bad birth experience. She taught me so much and I had a wonderful birth with my second child. Her encouragement, love, and support surrounded me in one of the most perfect days of my life.



## Leigh Emmanuel

Lia was like an angel sent to me. Perfectly sent and placed in my path to guide me through my first birth. She made me believe in myself and my body!

The birth of our first son was the most incredible, spiritual journey I have ever had in my life. I remember the days after his birth so fondly.. Those memories will stay with me forever.

# FAQ's

## WILL THE HOSPITAL ALLOW A DOULA?

Doulas have been around for quite a while now so all hospitals welcome doulas. If you are concerned about this, be sure to contact your nearest hospital and ask them. So far I have never been turned away from any hospital in Finland. I am always warmly welcomed to be a part of the birth team.

## MY PARTNER IS NOT SURE ABOUT HIRING A DOULA?

Partners and doulas make an awesome team. Studies show partners have higher satisfaction in birth when a doula is present. My role is to enhance your partner's role and support. I am there for the two of you to provide knowledge, resources, and physical support. I welcome any questions your partner has.

## WHEN IS THE BEST TIME TO HIRE A DOULA?

As soon as you are ready to get to know your doula. There is no magic number but of course don't leave it too late. You want to be able to connect and build a relationship built on trust and confidence and this may require some time.

## HOW LONG DOES A DOULA STAY DURING LABOUR?

Every doula defines their terms and conditions but typically a doula will come to you from the time you feel you need additional support through your contractions, and remain till after you have birthed and initiated breastfeeding.

## HOW DO I CHOOSE THE RIGHT DOULA?

This is a very important choice because the doula needs to suit your needs. If you don't feel comfortable, please interview several others so that you can then get a feel for which doula best suits your birth philosophy and personality. This is your birth so knowing what you want and need is the priority.

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*Giving birth  
should be your  
greatest achievement,  
not your greatest fear!*

*Jane Wiedeman*

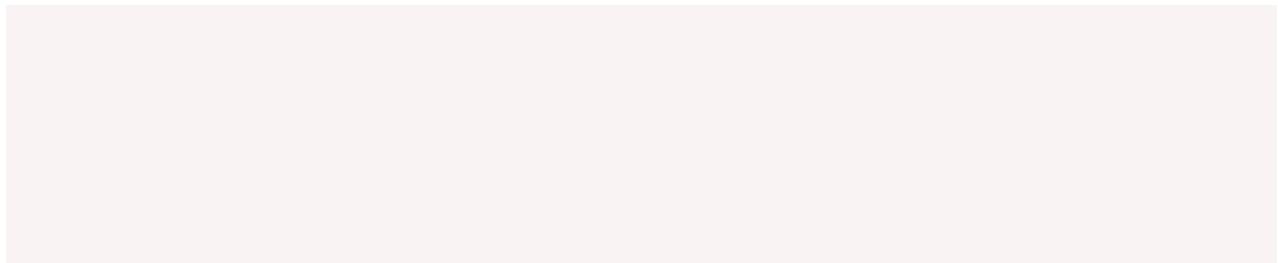
~~~ *Birth Wisdom* ~~~

# *Your Ideal Birth!*

L E T ' S   S T A R T   V I S U A L I Z I N G

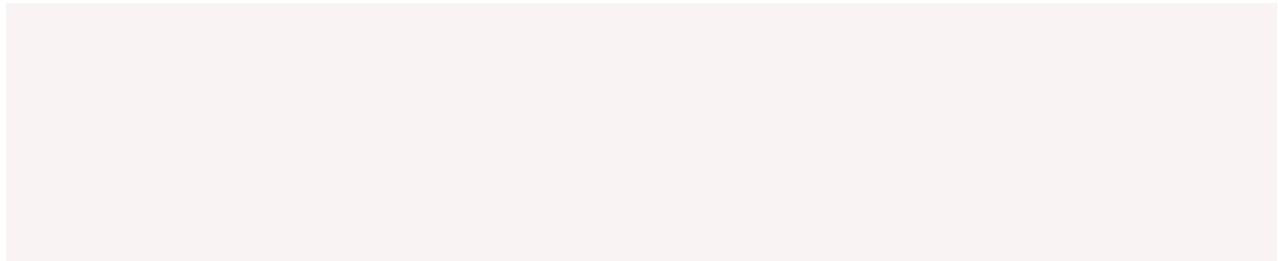
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What is important to you when giving birth? (atmosphere/people attending)



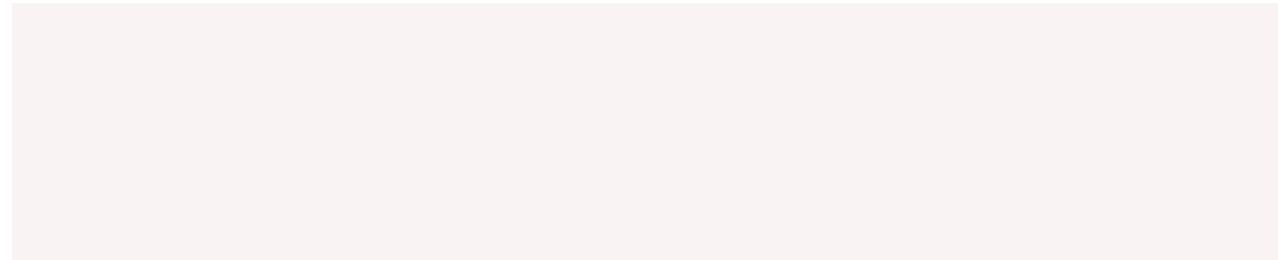
0 2

What does your ideal support look and feel like?



0 3

In 50 years time what do you think you will remember from your birth?



# Next Steps

WHAT CAN YOU DO NOW?



## CONTACT ME

+358 41 492 5887  
rosalia@birth.fi



## BOOK A CONSULTATION

Call, email or visit my website/facebook/instagram  
(see "Let's connect" 2 pages down for more info)



## QUESTIONS

Jot down any questions you may have here.  
I'll be happy to answer them.

# Community Resources

MEET SOME OF MY FRIENDS



## Maiju Stark

Maiju is a wonderful, experienced midwife and owner of Perhe Arte, an independent maternity clinic offering various services in Lahti, Tampere and Helsinki. For more information visit: [www.perhe-arte.fi](http://www.perhe-arte.fi)



## Nicola Moberg

Nicola is a Purna Yoga teacher and an empowerment & wellness coach, specialised in pregnancy and postnatal yoga and offering coaching for natural childbirth and fertility. For more information visit: [www.yogala.fi](http://www.yogala.fi)



## Sari Tjurin

Sari's a highly experienced acupuncturist focused on women's healthcare, gynaecology and obstetrics. For more information visit: [www.eiransairaala.fi](http://www.eiransairaala.fi)



## Mari Koski

Mari is expertly trained osteopath and works wonderfully with pregnant people and babies. She can help you find the balance you need. For more information visit: [www.osteopaattimarikoski.fi](http://www.osteopaattimarikoski.fi)

# Community Resources

MEET SOME OF MY FRIENDS



## The Nest Doulas

Doulas in The Nest are all international people that care for you from conception, to birth, and into the postpartum. We work for what we believe in: a safer birth and more supported family starting out in the best way possible. We've been there, struggling like you in a new country, with a new family member. We know what it feels like to not have a nest so we have created one for you. We know how overwhelming and difficult it is to find some support and comfort in this new journey. We are here to meet you, where you are at, with what you need, when you need it. We offer a judgement-free space that is inclusive to all people wanting our services. Together we can create a better world, one family at a time.

For more information visit:  
[www.doulacollective.fi](http://www.doulacollective.fi)



## Uudenmaa Doulat

We are a group of trained professional doulas. We operate in the entire Uusimaa area and, in addition to doula services, we offer other services in line with our expertise, from breastfeeding guidance to baby carrier guidance.

We are a group of trained professional doulas offering birth doula services and bringing doulas together to offer support to each other as well as families. We are all members of the Finnish doulat ry and we commit to the association's doula job description.

For more information visit:  
[www.uudenmaandoulat.fi](http://www.uudenmaandoulat.fi)

# Easy Recipe

## Coconut Brownie Bites



1 cup almonds

1/4 cup cocoa powder

1/2 cup unsweetened coconut flakes, divided

1 cup pitted dates, soaked and drained

1.5 tbsp coconut oil, melted

1 tbsp raw honey

Combine the almonds, cocoa powder and 1/4 cup of the shredded coconut together in a food processor.

Process into a fine powder.

Add the soaked dates, coconut oil and honey.

Pulse until a dough-like consistency forms.

Roll batter into small bite-sized balls.

Then roll each ball through a bowl with the remaining coconut flakes to coat.

Organize on a fancy plate and voila!

Betcha can't eat just one.

## Let's Connect



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birthwisdomdoula



@birthdoula



# Thank You For Your Time!

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I appreciate that you have taken the time to read through this pricing guide and gotten to know more about what I offer.

I really hope we can connect and discover how best I may support you in your journey.

R O S A L I A