



BirthWise in Birmingham

BirthWise in Birmingham

Birth Doulas and Educators

Gather *In*formation.

Choose Your Birth Team and Birth Location with *In*tention.

*In*vest in Your Birth Emotionally.

Seek *In*spiration.

Follow Your *In*stinct.

*In*tegrate Mind and Body.

Trust Your *In*ner Wisdom.



www.BirthWiseInBirmingham.com

BirthWise Services

Birth Doulas



A birth doula is a professionally trained childbirth assistant who works with pregnant people and their family during pregnancy, labor, birth, and after birth to provide emotional, physical, and informational support.

Childbirth Classes and Breastfeeding Support



Class participants enjoy small class sizes so that pregnant people and their partners have a chance to explore their own preferences. The classes provide you with the tools you need to meet your goals for an empowering birth experience. Our breastfeeding class and home visits provide individualized breastfeeding support.

Placenta Services



Consuming placenta pills may help regulate hormones, encourage milk production and flow, and may decrease development of postpartum depression.

On-Call Doula Services for Simon Williamson OB patients provided by BirthWise in Birmingham (BWIB)

BirthWise in Birmingham provides on-call doulas for individuals giving birth under the care of Simon Williamson Care providers, who have not hired a doula in advance. On-call doulas provide excellent labor support, helping you meet your birthing goals.

- ♥ You can ask your Simon Williamson Clinic care provider or nurse about on-call doula services during your prenatal visits.
- ♥ You can ask your care provider about on-call doulas when you arrive at the hospital in labor.
- ♥ When you decide to hire an on-call doula: Your provider will check the on-call schedule to see if a BirthWise doula is available.
- ♥ When availability of your on-call doula is confirmed, you pay through our PayPal portal on our web site: [birthwiseinbirmingham.com](https://www.birthwiseinbirmingham.com) to activate the service.
- ♥ Once payment is received, please allow up to 2 hours for your doula to arrive (we come as fast as we can 😊)
- ♥ You can opt for postpartum visits at a cost of \$100 per visit.
- ♥ On-call doulas may have to call in a backup doula during your labor. If a backup doula is not available then **BirthWise** may offer you a partial refund, based on services provided.
- ♥ **BirthWise** works hard to provide complete coverage for your birth. If you want a guaranteed doula of your choice at your birth, prenatal support, in home labor support and a postpartum visit, we encourage you to hire a one of our doulas in advance.

Cost: \$500