



**Ellen Contard, AAHCC, CD(DONA)**

Certified Birth Doula, Bradley® Childbirth Educator, Antepartum Doula

The birth of a child makes a deep and lasting impact on the physical, mental, emotional, and social health of the entire family. Preparation and support are essential to having a safe, healthy, and positive birth. As a childbirth educator and doula, I offer my knowledge, experience, and unconditional support to growing families so that you can have YOUR best beginning.

I have been doing this work since 2005, and have a very broad range of experience in birth options, situations, and settings.

My doula service includes:

- One or more prenatal visits to go over birth plans, on-the-ground decision making, roles on the birth team, etc.
- Informative and educational handouts, resources, and referrals
- Assistance in planning a blessingway for mom (upon request)
- 24 x 7 phone support and on-call period from 38 weeks (or birth, whichever comes first) through 42 weeks (or two weeks after birth, whichever comes later)
- Continuous labor support from the onset of active labor (or when I am called) through two hours post partum (or when I am relieved)
- Electronic birth announcement sent to a list you provide (upon request)
- One or more postpartum visits to process the birth, answer questions, discuss any needed resources, etc.
- A written birth story for your baby book and/or to assist with your own written birth story (upon request)
- Other services as negotiated

I look forward to seeing how I can best serve you and yours!