

# INFORMATION PACKET

---



---

 [canopydoulas.com](https://canopydoulas.com)

 817-682-1038

 [Cierria@canopydoulas.com](mailto:Cierria@canopydoulas.com)

# HELLO!



I am Cierra Jones, founder and owner of **Canopy Doulas**. I am a wife, mother of two, public health professional, and certified doula living in Fort Worth.

I have always had a passion for maternal and child health and being an advocate in the birthing space. It wasn't until I became a mother that I knew women and their families could benefit from having supplemental education and support during pregnancy, childbirth and postpartum. I am not here to replace your ob-gyn or midwife. However, I am here to work together with whoever you have decided is apart of your birthing team. With Canopy Doulas, the goal is for you to have an experience as close to what you have planned and the proper information to make the best decisions for you and your family through pregnancy, labor/delivery, and postpartum.



# BENEFITS OF A **DOULA**

---

Reduces risk of  
cesarean birth

Shortens duration  
of labor

Creates a safe  
space for families

Increases rates of  
breast/bodyfeeding

Reduces rates of  
preterm birth

Reduces birth  
complications



CANOPY DOES ✓

Provide emotional &  
physical support

Provide evidence-  
based education

Support the partner  
and collaborate with  
the medical team

CANOPY **DOES NOT** ✗

Diagnose or  
provide medical  
treatment

Give medical advice

Replace the role of a  
partner, spouse, or  
medical team



# WHAT TO EXPECT

As a doula and perinatal coach, I offer virtual support from pregnancy to postpartum. In-person support and in-person labor support will be determined based on desire and due date.

After your complimentary consultation, please take some time, if needed, to review which package is best for you.

---

01

## **Consultation**

During the complimentary consultation, we will spend time getting to know each other, discuss goals, pricing and discuss which package best fits your needs.

02

## **Choose Package**

At the end of our consultation, choose your desired package. A contract and invoice will be emailed to you.

03

## **Support Begins**

Support will begin once all agreement forms and contracts are signed and the invoice is paid in full, unless a payment plan is discussed.

# PREGNANCY & BIRTH PREP PACKAGE



**Pregnancy & Birth Prep** package includes:

Birth Vision Planning

Postpartum Planning

Nutrition

Fear & Trauma

Teen Pregnancy Support

Advocacy & Patient Rights

Community Resources

Monthly virtual doula sessions until 36 weeks

Weekly virtual doula sessions from 36 weeks to  
birth

Package | \$1500

+

\$500 birth attendance (billed separately)

# POSTPARTUM PACKAGE



**Postpartum** package includes:

Postpartum body healing education

Nutrition + meals

Infant feeding & newborn care

Going back to work preparation

Community resources

Unlimited call, text and email for first 8 weeks



Package price | \$800

**or**

\$100 per session (as needed)

# CANOPY PACKAGE



This package includes support for you and your family throughout pregnancy and postpartum.

This complete **Canopy** package includes:

Pregnancy + birth planning package

Postpartum package

Infant care + education

Unlimited community resources

Monthly virtual doula appointments until 36 weeks

Weekly virtual doula appointments from 36 weeks to birth

Unlimited text/email throughout pregnancy and first 8 weeks postpartum

Package price | \$2000

+

\$500 birth attendance (billed separately)



# BIRTH ATTENDANCE ONLY



For the birth only option, I will meet with you at least once before labor to explore and discuss your priorities, desired comfort measures, any fears or concerns, and to develop/review your birth plan. This can be 1-2 hours worth of planning. Based on that plan, I will be ready with comfort measures and support for labor/delivery day. This includes up to 24 hours of in-person support and unlimited call and text from the start of early labor until 48 hours postpartum.

**\*This is only offered for mom's 2<sup>nd</sup>+ pregnancy\***

Total | \$700

(\$100 planning session + \$600 birth attendance)