



Belly Birth & Beyond ::::: Doula Services Booking Form

Thank-you for allowing me to share the intimate and unique journey to your baby's birth and beyond!
Please fill out the details below and return it to me as soon as possible in order to secure your booking.
This form can be faxed to 8367 8548 or email or post to the details below.

Full Name: _____ Partner's Name: _____

Address: _____ Suburb: _____ P/Code: _____

Home Phone: _____ Work: _____ Mobile: _____

Email: _____ Partner's Mobile: _____

Where did you hear about me / who referred you? _____

Other Information

EDD: _____ Where will you be giving birth? _____

Midwife / Doctor name: _____

Any health concerns, complications or special needs?

Do you have any fears or worries about birth you would like to work through?

Does your partner have any fears or worries about birth?



Agreement

I, _____ (full name) have chosen to hire Helen Hriskin in the capacity of a birth attendant, to support myself and my partner during pregnancy, birth and in the post-natal period. I understand that Helen Hriskin is not medically trained as a midwife or doctor and she will not perform any medical procedures. She will not make any decisions for me; however she will advocate my wishes, respect my decisions and will provide emotional and physical support, before, during and after the birth of my/our baby.

Signed: _____ Dated: _____

Payment Details

The BBB Deluxe package is \$1150, the BBB Basic package is \$750 and the Birth Only package is \$450. You may choose to pay the full amount up-front to receive a 10% discount, or in part payments. If you prefer to make part payments, the initial payment due with this booking form is \$250, then the remaining balance is paid in two equal instalments; one at the first pre-natal visit and the second at the second pre-natal visit. If you need more flexibility, please ask OR you can choose to pay in full and receive a discount of 10% - Prices current as of 1st October, 2009.

I wish to pay my booking fee via (circle) Cash / Direct Deposit / Cheque* / Money Order*.

I wish to pay (circle) the amount in full (take 10% off full price) / a deposit followed by two payments

I wish to pay (payment arrangement) _____

**Cheques and money orders need to be payable to Helen Hriskin*

Direct Deposit

Commonwealth Bank

Acct Name: Helen Jane Hriskin

BSB: 06 5903

Acct: 00645056

Date Paid: _____ Bank Branch (if not an internet payment) _____

I look forward to supporting you!

Helen Hriskin

Belly Birth & Beyond • ABN 98 501 658 936

PO Box 393 • STEPNEY • SA • 5069 • helen@bellybirthandbeyond.com.au

Ph: 0412 225 532 • Fax: (08) 8367 8548 • www.bellybirthandbeyond.com.au



MY PACKAGES

I am happy to design a package that suits your needs, some of my clients love regular massage and fitness sessions during pregnancy as well as full birth support, some prefer more post natal assistance and a few choose to have my support at the birth only, it's up to you, it's your birth!

BIRTH ONLY..... \$450

One Meeting before the birth and attendance at the birth, I will stay with you as long as you need to get breastfeeding and bonding established and visit you after the birth to debrief. Normally this package is not available for VBAC or complications as you may require more support than this package can offer.

IDEAL FOR SUBSEQUENT BABIES AND THOSE WITH EXTRA SUPPORT ALREADY IN PLACE

BBB BASIC..... \$750

Two visits before the birth and two after the birth
Birth planning for your birth preferences
Support during labour and birth
Resources and information for pregnancy labour and birth
Relaxation and emotional support before during and after birth
IDEAL FOR FIRST BABY OR SUBSEQUENT BABIES

BBB DELUXE - Full Pregnancy, Birth & Post Natal Includes a Reflexology Session for you and a Beer + Bubs Workshop for your partner.....\$1150

Four visits before the birth
Four post natal visits covering the vital 6 week period
Weekly check in calls arranged from 32 weeks gestation to 6 weeks after birth
Birth planning and email and phone support 24/7
Support during labour and birth
Resources and information for pregnancy labour and birth
Relaxation and emotional support before during and after birth
IDEAL FOR FIRST PREGNANCY AND BIRTH AND THOSE REQUIRING EXTRA SUPPORT FOR VBAC etc.

HOURLY RATES.....from \$35

I am a very reasonable person and extremely passionate about my work, I am open to all negotiation and realise needs can change and I will alter the package to your requirements. I do offer discounts and support for genuine need, please call me to discuss. All my packages are negotiable which gives you the opportunity to have only what you choose and desire for your pregnancy, labour/birth and post natal support. I will happily tailor to suit your needs.

POST NATAL - Full breastfeeding support

Some women need or want a little more assistance after the birth of their babies, especially if family is not close by - a package can be tailored to suit your requirements or you can opt for hourly rates as required.

OVERNIGHT - Arrival in the evening and leaving in the morning

Support for feeding and settling throughout the night and care for mother throughout the night\$150 p/n

MASSAGE.....\$70 p/h

I am a qualified massage therapist in several modalities; I can offer therapeutic, relaxation, aromatherapy and reflexology as well as deep tissue and trigger point as required

FITNESS SESSIONS.....negotiable

I am a trained fitness leader and instructor, you are welcome to join my existing groups or book private one-on-one sessions or get your own group together for cost effectiveness.

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