



Midwifery Care Packages

***** Complete Midwifery Care Package *** \$6000**

Includes all Prenatal Care, Home Birth Care & Postpartum Care

Prenatal Care - \$1,800

- On-call availability of midwives in case of emergency, otherwise available via chat through medical chart portal
- Initial consultation with physical exam, labwork and ultrasound referral if needed (insurance can be billed for labwork)
- Our custom booklet, containing vital information for your pregnancy, home birth and postpartum recovery
- Diet and exercise analysis, nutritional counseling and sleep hygiene assessment
- Hour long prenatal visits in a comfortable office setting
- Weight, blood pressure, pulse, fetal heart tones, and fundal height growth are all carefully monitored
- Aromatherapy treatment and abdominal massage offered at each appointment
- Access to our lending library and other educational resources
- 36 week home visit where we customize your birth plans

Home Birth Care - \$3,200

- 24 hour on-call availability of midwives from 37 weeks on
- Birth team consists of a Licensed Midwife & Midwife Assistant(s).
- Use of our Birth Pool (each family gets their own sterile birth tub liner)
- Use of our custom-made birth stool, and other comfort measures such as birth ball, peanut ball, heat packs, massage tools etc.
- Use of our natural health kits such as essential oils, herbal preparations and tinctures, homeopathic remedies and more
- Newborn Exam - we will lovingly go over your baby inch by inch and look at every detail! This includes:
 - Weight, length and other various measurements
 - Gestational Age assessment
 - Assessment of reflexes and other bio-physical markers
 - Vitamin K shot, and antibiotic eye ointment for baby (optional)
 - Craniosacral work and examination of baby's skull and bone structure
- ***We also bring all the necessary equipment for emergencies, such as anti-hemorrhage meds, oxygen tanks, suturing supplies, newborn resuscitation equipment, IV supplies, etc.***

Postpartum Care - \$1,500

- On-call availability of midwives in case of emergency. Otherwise, we are available during regular business hours
- 2-3 postpartum visits in your home during first week - includes:
- Newborn Metabolic Screening blood test
- Weight checks for baby
- Breastfeeding assistance and advice
- Checking vital signs of both mother and baby
- Assistance with sitz bath and other comfort measures for healing your sore perineum!
- Birth Certificate filing at bedside - includes Social Security Number
- Postpartum Corrective Exercise instruction and guidance
- 2 week home or office check-up for mom and baby
- 6 week office check up, with postpartum exam and uterine massage; includes pap smear if needed.

A la Carte Prices

- 1.5 - 2 hour Initial Prenatal Visit with physical assessment, diet analysis and nutritional counseling - **\$225**
- 1 hour Routine Prenatal Visits - **\$150 + \$50 per additional half hour**
- Home visits; Prenatal and Postpartum - **\$200-\$300 depending on length of appointment**
- Postpartum Pelvic Floor and Core Therapy - **\$75 + \$30 per additional half hour**
- Birth Tub Rental - **\$350**
- Birth Certificate Filing - **\$50**
- Newborn Metabolic Screen - **\$150**
- Doula Services - **\$1600 - \$2200 depending on selected package**



About Island Mamas Midwifery & Aloha Birthing Care

Island Mamas Midwifery partners with Aloha Birthing Care.
We hold appointments in the office closest to you, and also carry the following products:

Herbs, and Homeopathic Remedies
Essential Oils and Supplements
Birth Supplies and Kits
FREE Samples of various products
Resources and Lending Library

We feel passionate about helping educate families so they can make informed decisions regarding the choices they will face as parents. That's why we have made it one of our top priorities to provide these resources to the families we serve. We have a free lending library of books and magazines to educate you in areas such as choosing your maternity care provider, whether to vaccinate and/or circumcise your child, info on VBACs, breastfeeding, cloth diapering, baby wearing, attachment parenting, family networking and more!

We also collaborate with other local holistic health care providers such as Certified Nurse Midwives, chiropractors, naturopathic doctors, acupuncturists, massage therapists, doulas, childbirth educators, lactation consultants, cranio-sacral therapists, and the list continues...

Please let us know if you offer services pertaining to maternity care and we would be happy to add you to our resource list.

Our Standard of Care

Our passion as midwives is to empower women and families through their birth experience. We are committed to partnership with our clients, and dedicate a significant amount of time and attention to your personal needs; both in and outside of your appointments. Your care is our priority, which means that we take the time to research your questions, health concerns, and discomforts and help guide you through emotional processes on your journey. We also take every opportunity we can for continuing education in our profession. Because of this standard, we limit the number of clients we accept into our care, so that we are able to give personalized care to each family, and also have time for our own families. In doing so, we strive to maintain a life of balance, integrity and gratitude, so that we can offer our loving services from full well of health and vitality.

We are honored to be part of your birth experience, and promise to serve your family with safe, loving, respectful, and SATISFYING care.