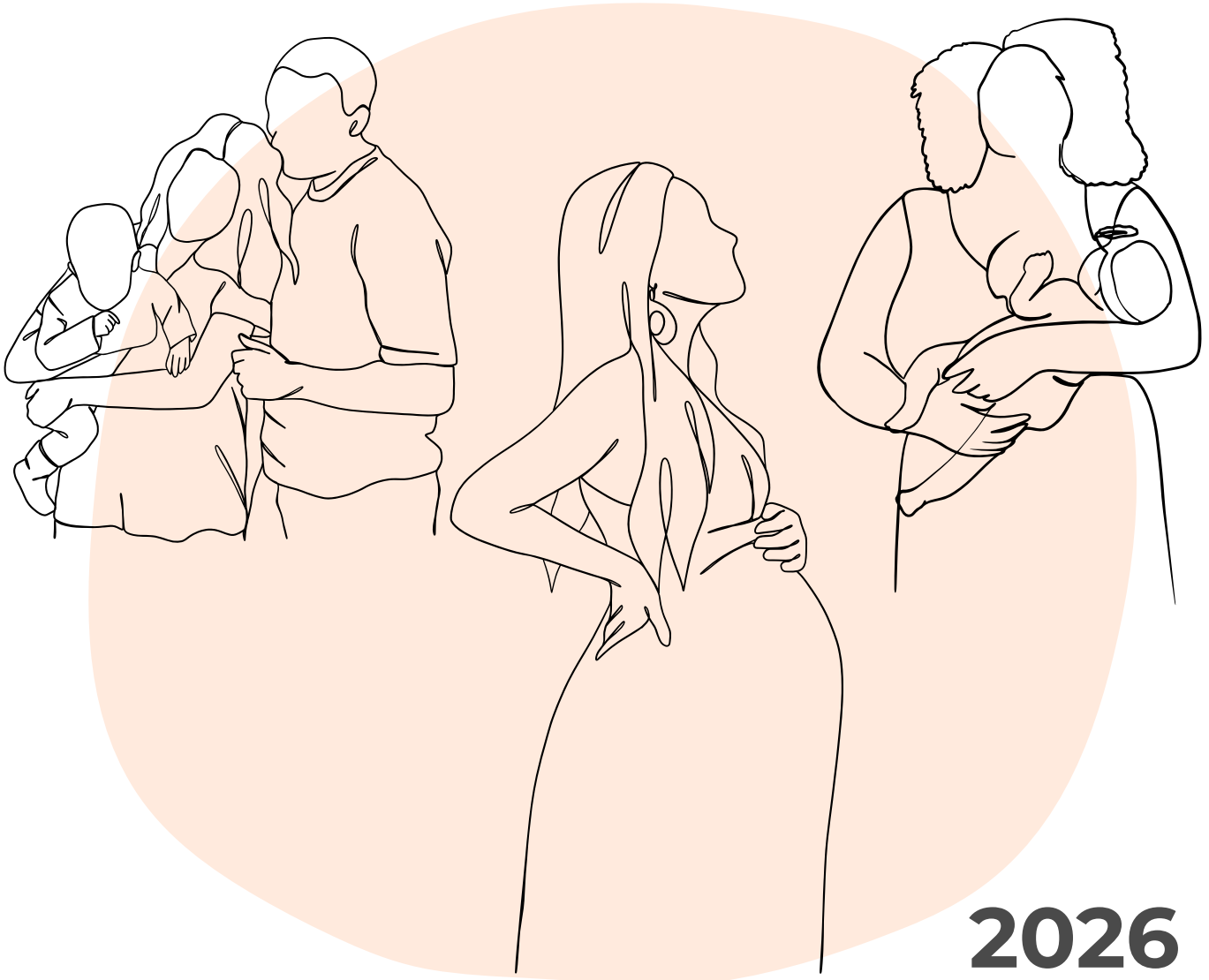




SERVICES CATALOGUE



2026



About Your Downtown Doula

Who are we?

We are a collective of regulated healthcare professionals who provide expert care in doula support, perinatal care and education throughout pregnancy, birth, lactation support and postpartum



Why do we do what we do?

We work to instill confidence and resiliency in pregnancy, childbirth and postpartum.

Why work with us?

Not your average doula team

Everyone on our team is a registered health care provider. That means your practitioner has extensive medical training and a scope of practice well above and beyond that of a typical doula.

We take the time to get to know you

Your journey is unique. Our visits are comprehensive so your practitioner gets a full and complete picture of how best to support you. Your care plan will be specific to your family's needs.

We come to you

For your convenience we offer care virtually and in your home. Our clients love that they don't have to travel when pregnant or with a newborn.

We offer direct billing and our services may be covered under your insurance benefits!

You only pay for services you receive and you never pay a deposit or down payment.

Fees are subject to change without notice.



Table of Contents

*Ready to get started?
We're here to help guide you through our services*

I AM CURRENTLY PREGNANT and

- Interested preparing for labour, breastfeeding and baby sleep. **See Prenatal Classes on page 5 & 6**
- Need help managing a high risk pregnancy or a medical condition in my pregnancy. **Learn more about Naturopathic Doctors on pages 4 & 8**
- Interested in having a **birth doula** to support me during labour and childbirth. **See page 7**

AFTER I HAVE MY BABY, I need

- Breastfeeding and lactation support. **See Lactation Consultants on page 10**
- Postpartum help. **See Postpartum Doula services on page 11**
- Help with my baby's (lack of) sleep. **See Sleep Consultants on page 13**

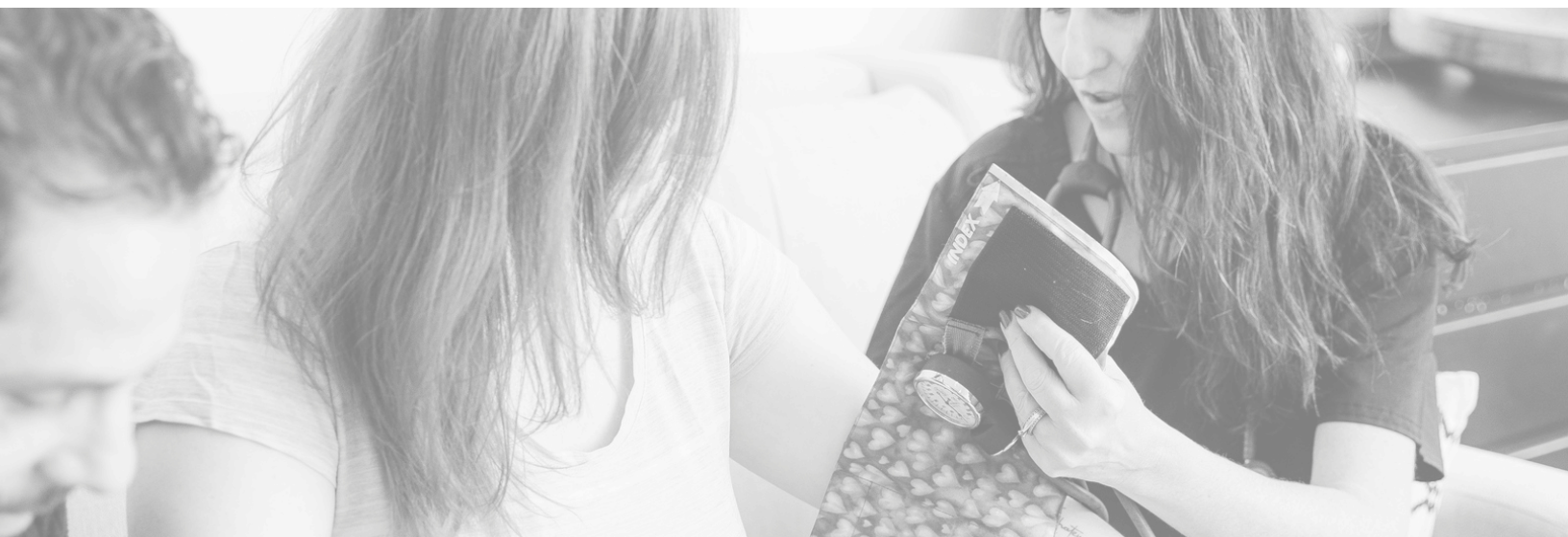
I'M PLANNING ON HAVE A SCHEDULED C-SECTION.

- We have a service plan just for you! **See page 9**

Additional services that may interest you on page 12

- Infant craniosacral therapy
- Registered massage therapy (Mississauga only)
- Acupuncture services

How can my insurance benefits cover these services? See page 14





General Health Services

General Appointment Fees:

Our naturopathic doctors practice general family medicine including fertility and pediatric medicine.

If any situation arises that is beyond what is considered normal in pregnancy, or if you need a more detailed treatment plan or want more discussion on topics such as your birth plan etc, you can opt in for more naturopathic appointments:

- **15/20/30 min (email, phone or video) \$50/ \$75/\$100**
- **45 min (phone or video) \$150**
- **1 hour \$175**
- **1.5 hour \$250**
- **2 hours \$300**

What do Naturopathic Doctors do?

Naturopathic Doctors are licensed and regulated healthcare professionals who can be primary healthcare providers. We are able to medically assess, communicate a diagnosis and treat a wide range of medical conditions from an individualized and holistic approach using the following modalities:

Nutrition: This can include recommending a specific combination of vitamins, antioxidants and supplements along with diet and nutrition that best meets your needs. Our recommendations are a combination of evidence-based information and traditional approaches to nutrition.

Acupuncture: Acupuncture involves the use of very thin, sterilized, single use disposable needles that are manually inserted at specific body sites for the purpose of increasing healing, decreasing pain and rebalancing energy (referred to as “Qi”) in the body. There are numerous studies to support the use of acupuncture in general health as well as fertility, pregnancy, labour and childbirth and postpartum. Needle-free approaches are also available if that is your preference.

Herbal and botanical medicine: Using evidence-based information and traditional approaches, your ND may recommend herbs as part of your treatment plan. ND’s are knowledgeable in what is safe to use during pregnancy, lactation and children.

Homeopathy: Homeopathy is a system of medicine that has been around for over a century and these remedies may be recommended as part of your treatment plan to help your body restore balance and heal. Often misunderstood, it is safe for use in pregnancy, labour and childbirth, breastfeeding and in babies and young children. Many clients that have included homeopathy as part of their treatment often report positive results.

Bodywork: This can include various types of massage techniques that are safe and beneficial for all stages of pregnancy, postpartum and even for babies and young children.

Stress management and lifestyle counselling: An important part of attaining good health is ensuring that you are resilient to meet life’s challenges. We can help create plans on healthy ways to deal with stress, counsel you to reduce your exposure to environmental toxins. improve your sleep, immunity, recovery and much more.



Prenatal Classes

The most useful prenatal classes should provide you with practical knowledge and skills that instill confidence as you prepare for your journey into parenthood.

Through our collective experience as doulas, lactation consultants and sleep consultants, we are proud to offer our **"Confident Birth Series"**. Take them all or simply choose the classes that best suit your needs.

A.1 Confident Birth Prenatal Program

We're committed to helping you feel calm and confident for labour and childbirth!

Private class and available in-person, taught by your own registered healthcare professional!

Created by our own doulas based on their experience working with hundreds of clients over the last decade.

Full Program: Two classes, 2 -2.5 hours each, \$600 total

- Learn birth basics and stages of labour from a non-fear approach
- Birth plans: Become aware of the most common interventions and ways you can avoid them
- Learn and practice effective labour coping skills (breathing, visualization, massage etc)
- Your partner will learn how to be a great birth partner
- A good choice for those who prefer one-on-one instruction and need a flexible schedule
- Includes program 2 workbooks, 5 audio tracks, birth affirmation artcards

DETAILED CLASS OUTLINE

Class 1: (2-2.5 hours)

- Your uterus: Designed for childbirth (Understand how it works!) *
- How does stress affect labour and childbirth? *
- Change your mindset and let go of fear*
- Labour and childbirth: What can I expect?
- Breathing exercises for each stage of labour and childbirth *
- Perineal massage resources*

Class 2: (2-2.5 hours)

- Baby's ideal position for birth and how to promote it
- Due date discussion
- Education on common interventions during labour
- Ways to start labour naturally
- Birth Preferences (aka Birth Plan)
- Positions for labour and childbirth
- Effective massage techniques *
- Relaxation place exercise*
- How your partner can become a GREAT birth partner*
- Breathing practice and putting it all together*



A.2 Condensed Program:

Are you already taking/ have taken a prenatal class? We offer a **1 session, 2-2.5 hr, private, \$300** that just focuses on effective relaxation exercises

- Covers the topics with * from the outline.
- Includes the 41 page ebook and 3 audio tracks.
- Prerequisite: It is strongly recommended that you've completed a basic prenatal class that reviews stages of labour and birth and birth plans or you have given birth before and do not need a review of this information.



Prenatal Classes

CONFIDENT BIRTH SERIES CONTINUED:

Breastfeeding and sleep are the 2 areas in which new parents feel least prepared for, which is why we offer these 2 important classes.

Learning what to expect and knowing skills before the baby arrives can help you feel more prepared!

B. Prenatal Breastfeeding Program \$300

Give yourself the best chance at nursing! This is a 2 - 2.5 hour in-person session at your home with one on one with our lactation consultants who are also naturopathic doctors. Did you know that breastfeeding is not part of the training for midwives, nurses, obstetricians or pediatricians? Only lactation consultants have this expertise and knowledge. In fact, it is common for parents to receive very little or no breastfeeding help from the medical staff.

What you will learn:

- What to expect in the first week of life - when your milk comes in, cluster feeding
- The basics - latch, positioning
- How to eliminate pain, boost milk supply, overcome a rocky start
- Pumping and bottles: Learn how to pump, how to avoid bottle preference, and safely store your milk
- And much more!
- Includes a detailed workbook

C. Prenatal Newborn Sleep Program and Home Assessment \$300

Why is newborn sleep so challenging? Because the biological design and needs of the newborn are directly opposite of the design and needs of adults. This program is to help you manage this challenge in a way that maximizes everyone's sleep.

Here's what you can expect:

You'll receive a workbook that provides the following information

- Understand the normal behaviour and developmental needs of your baby
- Learn why "sleeping like a baby" is a cruel lie! (plus debunking many common myths around baby sleep)

Then you'll get one-on-one time (2 hours in your home) with your sleep consultant where she'll:

- Show you ways to safely put your baby to sleep
- Help you get started on regular routines for sleep - understand sleep cues, overcome the things that keep newborns from sleeping, wake windows etc
- Conduct an assessment of your home sleep set up and give recommendations to help everyone maximize sleep
- Are you planning on breastfeeding? This program is fully compatible with breastfeeding.

All services may be eligible for coverage under third party insurance benefits





Labour and Birth Doula

Are you terrified of birth?
Have you heard too many bad birth stories and want a different experience?
Do you have trauma from a previous birth experience?
You need a birth doula!

LABOUR AND BIRTH SUPPORT SERVICES \$1600

In order to have a labour and birth doula, the following services are **required** together:

Prenatal Appointment: \$300

- Our doulas are naturopathic doctors, and just like your OB or midwife, it is required for us to get to know you before we can effectively support you during this very important time.
- Your ND doula will gather a complete health history and provide recommendations to help you have a healthy and smooth pregnancy, prepare for labour and avoid potential complications.

Standard On-call Service (from 36 weeks - 2 weeks after the birth) \$450

- The on-call service is designed to help provide you with peace of mind that you have access to your doula to answer questions, address concerns and provide prenatal updates.
- Sometime around your 36 week prenatal appointment, your doula will set up a video call to officially start your on-call period and to get updates, answer questions and provide guidance.
- Many changes in your body can take place as you get closer to giving birth and your doula can help you determine what is normal and what requires medical attention.
- For the immediate 2 weeks after your baby is born, your doula is available to answer general questions about the baby's well-being, babycare and your recovery (virtual only)
- Any questions or concerns that are beyond what is considered part of a normal pregnancy and postpartum and more complex issues may require a referral or a naturopathic appointment at an additional fee. In person postpartum appointments are at an additional fee.
- If you would like to contact your labour and birth doula throughout your entire pregnancy, for \$150 extra, you can opt into the Pregnancy On-call add-on.

Labour and Birth Support \$850

- This support commences from the time your labour* starts. In the early stage of labour, your doula may support you virtually with guidance and tips. As your labour progresses and you need help coping she will go to you in-person, providing continuous physical, emotional and informational support until you have your baby. We usually also stay up to a couple hours later to assist you with the baby (ie. breastfeeding, basic baby care)
- Your doula is your medically trained eyes and ears - she understands the medical language, interventions and situations that may arise during your labour and birth and will advocate for you and your birth preferences.
- Your doula is also a licensed healthcare professional (ie. ND) and she can administer a range of treatments such as acupuncture, herbal medicine, homeopathy and other integrative health approaches during labour and childbirth.
- We can provide support in your home, birth centre or hospital and we work with nurses, doctors and midwives.
- *Your labour may start naturally or via induction. Your doula is available in either situation and will discuss with you how she can support you no matter how your labour starts.

DID YOU KNOW? Our primary doulas can offer acupuncture and treatments to help you prevent or manage medical conditions in pregnancy, turn a breech baby and help induce labour? (Such treatments are an additional charge)



Additional Pregnancy Support

The following add-on services are perfect for those who want more guidance throughout their pregnancy.

Pregnancy On-Call Service \$600

for the full duration of your pregnancy until 2 weeks after the baby is born

This can be a stand-alone service for clients who might not want a labour doula, but want access to support throughout pregnancy (virtual)

- This service allows you to access your doula throughout your pregnancy with any general questions or concerns you may have. (Your OB or midwife is not available for your general questions)
- Common questions are "Is this normal?" and your doula can help you determine if it is normal or if you need to see your care provider or go to the hospital. She can also help with general recommendations. (More complex issues will require a scheduled appointment at an additional fee)
- You can also provide updates of your prenatal appointments and inform the doula of any questions or issues that arise. She can help you interpret tests and assessment results.

Pre-Birth Appointments

Typically 2 hrs, \$300 (or according to general appointment fees on page 4)

- An in-person pre-birth appointment between 34 - 36 weeks is usually recommended to ensure you are ready for your upcoming birthing. Together, you and your doula may review the following: birth plan, packing list, preferred comfort measures, labour and birthing positions, when to contact her when labour starts, review when to call the midwife or when to go to your birth location.
- You doula can answer any questions or concerns you may have.
- Depending on your pregnancy circumstances additional pre-birth appointments may be recommended

Did you know that our practitioners can help treat pregnancy related conditions? We have clinical experience in treating and managing a wide range of pregnancy conditions: morning sickness, carpal tunnel syndrome, gestational diabetes, high blood pressure, IVF pregnancy risks, issues with the placenta or baby's growth, gallbladder stones, kidney stones etc.

Did you know that our practitioners can help turn a breech baby? About 5% of babies will not turn head down (the exact reasons are unknown) usually requiring a c-section birth. The good news is a combination of acupuncture, specific positions and exercises can help your baby turn head down.

Did you know that our practitioners can help your labour start naturally? Labour induction is one of the most common interventions with potential side effects and increased risk of complications. Our practitioners can offer acupuncture, exercises and a range of modalities to help your labour start without medical intervention.



Scheduled C-section

If you are planning on having a c-section, you can still benefit from our services!

The first 72 hours after you bring your baby home are perhaps the hardest. You are discharged from the hospital just 2 days after and you are expected to recover from major abdominal surgery AND care for a newborn. We at Your Downtown Doula want to help you through this transition feeling resilient and confident.

Here are our service suggestions to help you through this highly transformative and challenging time:

C-section Prenatal Consult (2 hours, \$300):

This is a private in-home prenatal appointment to help you prepare for your upcoming cesarean birth and recovery. The following suggested topics may be covered:

- C-section birth plan
- Items to have for your recovery
- Tips on how to move about and minimize pain
- How to best set up your home for convenience and for sleep
- Managing your older child
- Etc (we can customize this appointment to your anticipated needs)

Overnight support (at the hospital) \$650 for 8 hrs

- Your doula can help you during that critical first night with your newborn.
- She can help you with breastfeeding (latching, positions, passing the baby to you), helping you with your personal needs and be that extra set of hands.
- Your partner can go home to care of your other children, get supplies for you and get sleep so they are able to fully help with the baby.

Lactation consultant (2 hours, \$350):

The #1 challenge after a c-section is breastfeeding.

- Our lactation consultants can arrange to go to the hospital after the birth or your home after you return with your baby and help you get a good start on breastfeeding, bottle feeding and pumping.
- They can help you troubleshoot all of your nursing challenges: nipple pain, blocked ducts, feeding position and recommendations to assess for tongue tie and treatment.

Postpartum support (choose from our services on page 11)

We can arrange to have vital services come to your home within the first 72 hours when you bring your baby home.

Postpartum on-call service add-on

(2 weeks \$250; 4 weeks \$350. This is available when another service is used)

- Our popular on-call service is available for the postpartum period as an add-on after you have a home visit with your practitioner.
- You'll have lots of questions after you bring your baby home and your doula is committed to providing you with peace of mind and help guide you if you need to bring your baby back to the hospital. Our team provides judgment-free supportive help and this service allows you to call, text and email your doula with any general questions - the most popular being "Is this normal?".
- If a question or condition arises that is beyond what is normal and requires a more detailed treatment plan, an additional naturopathic appointment may be required. Your ND will inform you when this is the case.



Lactation Consultations

Did you know? In Canada, 90% of babies start off breastfeeding from birth. But by 6 months of age, less than 40% of babies are exclusively breastfeeding. We know that professional, hands on help is crucial in helping you be successful in your breastfeeding journey!

Lactation Consultations

We have a team of naturopathic doctors who are lactation experts (most are IBCLCs) who offer in-home breastfeeding consultation services.

Initial Lactation Consult 2 hours, in-person at your home, \$350

- This fee includes: a written report, 1 week of on-call support, one 15 min phone call to answer general questions
- Getting personalized professional help can be that crucial difference that ensures you can continue breastfeeding
- She will help you troubleshoot everything from latch problems, nipple pain, positioning, low supply, fussiness at the breast, blocked ducts etc
- If needed, she can guide you on pumping, bottle-feeding and supplementing.

Standard follow-up Lactation Consult (up to 90 minutes) in-person \$250

- Breastfeeding is a skill and like any skill, you might need additional help along the way. Follow-up appointments after the initial lactation consultation are recommended:
 - To help reinforce the proper techniques to help breastfeeding continue smoothly
 - To help troubleshoot any new developments that are impacting your feeding journey

Babycare Support Add-on \$100/ hr

- In addition to the consults above, if available, your LC may be available for extended support to help you with your baby. For example, an initial lactation consult with 2hr of additional babycare support is \$350 + \$200.
- This has the added benefit of seeing an additional fee in “real life” - a more accurate way to provide guidance.
- During their time with you, they can also provide postpartum support in between the feeds, such as consoling, interacting, playing with the baby and putting the baby down for naps while you get in self-care.

All services may be eligible for coverage under third party insurance benefits





Postpartum Doula

They weren't kidding when they said "It takes a village". We can be part of your village of support!

Babycare education home session, 2 hours, in person, \$300

This is an in-home "crash course" to help you learn with professional guidance on how to care for your baby once you bring them home (they don't have instruction manuals!)

This is a list of suggested topics that new parents commonly want help with:

- Baby's first bath, grooming baby (cutting nails, diapering, diaper rashes etc)
- Sleep safety, swaddling, sleep tips for your home, setting up routines and associations
- How to soothe a baby
- Infant massage
- How do I use this? We can show you how to use your baby gear such as carriers, wraps, dressing baby for the weather, strollers etc
- Activities with your newborn - tummy time, stimulating development etc

Baby Home Support Services (Postpartum Doula)

The following are in-person support services for new parents to reduce the stress of adapting to a new baby. Our practitioners are trained in CPR and are medically knowledgeable about what is normal and not normal for you, your recovery and your baby.

Having one of our ND doulas helping you allows you to rest, take a shower or other self-care activities during the critical postpartum period.



Daytime Support:

Daytime minimum 4 hours, \$100/ hour \$100 for each additional hour for the same shift

- Feeding, clothing and diaper changing, assistance with bathing and grooming the baby
- Consoling, interacting and developmental activities with the baby
- Assistance with daytime naps and swaddling
- For afterbirth recovery: guidance around perineal care, surgical care, screening for mood disorders
- Daytime support does not include: housework, meal preparation, cooking, babysitting other children, creating individual health plans for parents or the baby for more complex issues that are outside of what is expected for a healthy newborn or postpartum recovery.

Overnight Support:

Overnight minimum 8 hours for \$650, \$100 for each additional hour for the same night

- Feeding, clothing and diaper changing, assistance with bathing the baby
- Recording diaper changes and feeding times
- Consoling, interacting with the baby
- Assistance with sleep routines and swaddling
- Giving prescription medications as per parent's instructions
- Overnight support does not include: bathing, house duties, sleep training



Additional Services

Infant Craniosacral Therapy

Being in utero and being born can be hard on a baby's body. They get pretty squished! Imagine the tension created if the baby were breech, born by vacuum or forceps or after a very long or very fast birth. Craniosacral therapy is a gentle form of massage that uses just 5 grams of pressure (the weight of a small coin) to help babies release tension they may be holding in their bodies. This technique can help with everything from colic to latching to digestive issues as it allows babies to feel more relaxed.

Initial appointment: \$250, 90 min, in your home

- a detailed history of you, your baby, your pregnancy and birth
- a comprehensive physical exam of your baby
- CST treatment
- A plan including mobility exercises you can do with your baby to help them feel more comfortable
- Follow-up appointments: \$200
- Performed by a naturopathic doctor and eligible for insurance coverage.



Acupuncture

(price varies according to specific treatment, refer to page 4)

Acupuncture is a safe and well-established treatment option for many different situations. Here are just a few examples:

- Treat morning sickness
- Reduce aches and pains
- Help turn a breech baby
- Help labour start naturally without drugs (labour induction)
- Help with fertility



Sleep Consults

Did you know that newborns are designed to sleep for only short periods of light sleep? The reason parents struggle so much with sleep is because the design and needs of the baby are directly opposite of the design and needs of the adult.

Our sleep consultants are here to help!

Initial Sleep Consultation \$300 (available in-person or virtual, 1.5 hours)

- Our sleep consultants base their approach on attachment parenting principles
- They are naturopathic doctors who take a baby-led, family centred approach to sleep. They do not follow cry-it-out or forced separation methods.
- We take a highly personalized and individualized to your family's situation and sleep goals
- We work with families with babies and toddlers and offer both prenatal home assessments and postpartum consultations for all things sleep related.
- For families with newborn babies, the focus is on establishing routines and habits that can grow and adapt as the baby develops and changes.
- Your appointment includes a very detailed summary report of the plan and strategies she created with you.

Follow-up appointments

Scheduled as needed and we are flexible to create a program for those who want more support.

The basic fees are:

- Phone call to walk through initial report and answer questions - free
- Standard follow-up, virtual, includes report \$175
- In-person follow-up, complex changes nad/ or over 1 year has passed from last sleep appointment \$250

You'll be advised on what type of follow-up appointment you need.

All services may be eligible for coverage under third party insurance benefits





Using Your Insurance

All of our services may be eligible for coverage under your third party insurance benefits under the license of the practitioner (most of our team are naturopathic doctors).

We offer direct billing with most major insurers for more convenience!

We help families understand their coverage to help you budget the costs of essential support.

Steps:

- 1) **Become a client:** Choose and confirm which services you want with us (remember it can change if needed!).
- 2) **Complete an insurance questionnaire** (you may need to contact your HR department or insurance provider to get all the info).
- 3) Our insurance coordinator creates an **insurance estimate*** of the services you choose.

*The estimate is not a commitment to services and is for general information purposes only. The estimate is created based solely on the information provided by the client, who is responsible for obtaining their own insurance policy information. The fees are charged according to actual services that are performed by the practitioner and received by the client. It is up to the discretion of your insurance provider whether claims are accepted and reimbursements paid. The client is financially responsible to pay for all outstanding fees not covered by insurance.

INSURANCE FAQ's

1) I'm the one giving birth, but my partner will also be there. Can we bill services under my partner?

YES! All family members are eligible for billing (including your baby and other children) as long as the family member is relevant to be in and participating in the appointment. This applies to most services including prenatal classes, lactation consults, postpartum support, sleep consults etc.

2) My insurance has a limit per appointment that is much less than the doula fee. How can we get the service covered?

Your relationship with your ND doula is unique in that there are usually multiple communication points throughout the on-call period. The birth may go over 2 calendar days. Anytime communication or information is exchanged, that is charted and becomes an eligible billing date, making it possible to divide the larger fee (\$1600 total for birth doula) into smaller fees. And remember, you, your birth partner and baby may be eligible for billing.

All services can only be billed on the dates you have appointments or have communication with your practitioner.

Please note: There is a wide variance among insurance policies (ie. different max coverage amounts and % coverage etc). We will work within reasonable means to optimize your insurance while still adhering within the guidelines of the practitioner's licensing regulations.

3) My partner and I both have our own insurance policies that we're both covered under, and our child(ren) are also included. How does that work?

Your own policy is your primary policy and the policy you are also covered under (ie. your partner's policy) is your secondary policy. Most insurance companies require that you use up your primary coverage first and any remaining amounts may be covered by the secondary policy.

Depending on the policies, we may be able to coordinate benefits and direct bill both the primary and secondary. But there are cases where this is not possible and so any remaining amounts not covered by your primary policy will first be paid by you. You'll then receive a receipt and you would submit that yourself to receive reimbursement.

For children, usually 1 parent is considered the primary policy holder. It is the same process, billings under children are processed through the primary policy first.