

Add-on Services

There are other services available apart from but along with Doula Services. Personalize your birth experience with any of the following:

- Reiki & Crystal Utilization
- Aromatherapy*
- Custom Herbal Tea Blends*
- Holistic Alternatives*
- Meditation Coaching
- Peer Lactation Counseling
- Antepartum & Postpartum Support Packages*
- Private Childbirth Classes for Expecting Parents

About Sunni

Shana “Sunni” Franshá is a DONA Trained Birth Doula, Reiki Master, and Holistic Health Practitioner. She combines all of her skills experience, and training to create a serene, peaceful, and ideal birth experience for her clients. Call, text, or email today to schedule a consultation!

“A doula for every person who wants one.”

-DONA Vision Statement



Sol Flower
STUDIOS

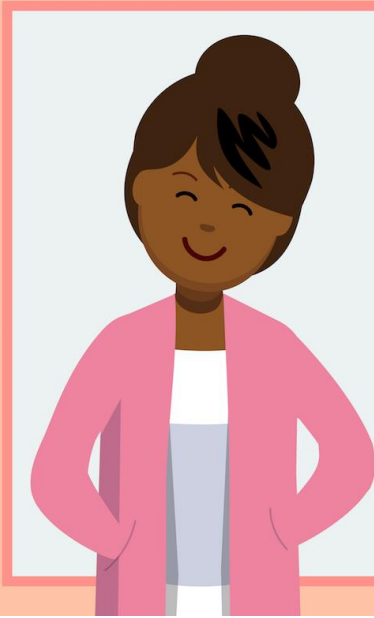
Doula Services Brochure

404.907.5323

Email:
solflowerstudiosga@gmail.com

Visit:
Solflowerstudiosga.wixsite.com/solflower

What is a DOULA?



SUPPORT THROUGHOUT PREGNANCY & DELIVERY

Doulas are professional birth coaches who provide emotional, informational, physical, and mental support to women during the prenatal, birth, and postpartum periods.

Doulas do not provide medical care, but they are extraordinarily knowledgeable about childbirth. Their major role is to provide necessary support to the mother leading up to and during childbirth. There are also specific types of doulas, such as Antepartum Doulas, who assist women who are having a high-risk pregnancy or are on bed rest during pregnancy, and Postpartum Doulas, who assist women during the postpartum periods.

What is a doula?

Doula is the Greek word for woman caregiver. A doula is a trained labor companion offering continuous emotional and physical support and assists in obtaining information before, during, and after childbirth.

We want to ensure that your labor and delivery is a positive, memorable experience by offering the support and encouragement of someone who has been there and understands the process.

Benefits of having a doula

- Continuous, uninterrupted, & calming presence fully focused on you
- Knowledge of labor process, comfort measures, birth plan, hospital policies, etc
- Reduces need for pain medication, c-section, vacuum/forceps, oxytocin to speed up labor
- Reduces chances of having a low Apgar score and negative birth experience
- Frees mom and partner up to focus fully on baby's arrival

What is included with doula services?

We offer an array of options based on your needs/desires.

The Sunflower Package

- Consultation, 2 Prenatal Visits, optional accompaniment to one OB appointment OR private childbirth class for 2, unlimited professional support during business hours up until 2 weeks before due date (will then be on call until birth), help with birth plan, 20 hours of labor support*, 1 postpartum visit, and one FREE add-on service, free childbirth/labor guide

The Daisy Package

- Consultation, 1 prenatal visit, unlimited professional support during business hours up until 2 weeks before due date (will then be on call until birth), 20 hours of labor support*, Postpartum check-in (virtual/phone), free childbirth/labor guide

The Daffodil Package

- Consultation, Unlimited professional support during business hours up to 2 weeks before due date (will then be on call until birth), 20 hours of labor support*, Postpartum check-in, free childbirth/labor guide

The Dandelion Package

- Consultation, 20 hours of labor support*, Postpartum visit, free childbirth/labor guide