



**DOULA
SERVICES**

SUPPORT + EDUCATION

[MOTHERWELLDOLA.COM](https://motherwelldoula.com)





Meet our Doula

VICTORIA WILSON CD(DONA)

I felt the 'weight of motherhood' when my 9lbs 21inches firstborn was placed on my chest. Turns out that a baby, a mom, a dad, and a doula were all born that day.

I am a DONA certified birth doula and trained childbirth educator living in Central Kentucky. (Berea, as a matter of fact. You know the charming, artsy, college town? That's us!) I have been a birth worker since 2015 and clients say I bring a warmth and sense of understanding to my work.

It is my great joy to journey with families and guide the way through pregnancy, birth, and the immediate postpartum. This calling lights me up like no other profession ever has.

No matter how long I have practiced, I continue to learn from my clients, mentors, and continuing education courses. By sharpening my skills, you can be assured that my head, heart, and hands are completely focused on giving you the best service possible.

Keep reading to learn all about how doulas can support *you* in birth!



PHILOSOPHY OF DOULA CARE

Your agenda is my agenda.

I center the care team around you and your family.

I am focused on your physical and emotional wellness.

I am in tune with the physiologic needs of your labor.

I treat you and others with dignity and respect.

INTENTIONS OF DOULA CARE

I offer skilled guidance and insight, not a crystal ball.

I give you honest information, not my own opinion.

I support your birth, I do not guarantee outcomes for your birth.

I give you my best, while honoring my human limitations.



"Words fall short in expressing how much Victoria meant to our family during my pregnancy and for the duration of my birth experience. As first-time parents, my husband and I had no idea what to expect. Thankfully, Victoria was there to support and guide us through the entire journey. Overall, Victoria's ability to hold space, provide an evidence-based foundation of information, and her wealth of experience and knowledge make her a wonderful choice for anyone looking to hire a doula. We now consider Victoria to be part of our little family and we're forever grateful!"

Shannon



WE'LL BE A GREAT MATCH IF:

YOU NEVER MISS A CHANCE TO GRAB A LATTE

(Especially from a local spot with good vibes!)

YOU HAVE A GREAT SENSE OF HUMOR

YOU PROUDLY WEAR YOGA PANTS

(Because they **are** pants!)

YOU TAKE NAPS WITHOUT SHAME

(I'll tell you right now, this is a true parenting skill.)

YOU BELIEVE BIRTH MATTERS

YOU FIND JOY IN THE JOURNEY

YOUR HAVE AN OPEN MIND AND HEART

COMPLETE BIRTH DOULA SERVICE PACKAGE

\$2,000

- **2 prenatal visits with you and your partner (minimum).**
- **Guidance to identify your personal birth philosophy through a deep dive into your own values and desires.**
- **Expert support building your birth team and writing your birth plan of care.**
- **Opportunity for community building with local parents in our group prenatal option**
- **Education and mentorship regarding labor preparation and the birth process.**
- **Access to an extensive local and online pregnancy and baby resource list.**
- **Continuous phone/email support from date of hire through birth and two weeks postpartum.**
- **Continuous support throughout your labor, birth, and the first 1-2 hours postpartum.**
- **Immediate postpartum care and assistance establishing breastfeeding, if desired.**
- **At least 1 postpartum visit with you, your partner, and brand new perfect, squishy baby (!)**
- **Assurance knowing you and your growing family are in expert, skilled, and caring hands!**

If you are deeply invested in the idea of hiring me as your doula but cost is prohibitive, please contact me for alternate options or recommendations.



"She provided helpful information as we made our birth plan and was so supportive when we needed to make changes to that plan. When she arrived at the hospital during labor, the environment in the room totally changed. She brings a sense of peace and calm, and her presence was so reassuring. She was an amazing support throughout labor and delivery and used a variety of tools to help me through the process. She continues to support us during the postpartum weeks. She has answered any and all of my questions and connected us to other amazing providers when we had breastfeeding issues. I would highly recommend her to any mommas, regardless of birth plan or preferences. She was absolutely amazing, and we have zero complaints!"

Mandi

COMPREHENSIVE BIRTH PLANNING PACKAGE

\$250

- **1 detailed virtual prenatal visit with you and your partner**
- **Your own copy of the Client Workbook I created for birth planning**
- **Guidance identifying your birth philosophy, and review of your birth plan**
- **Access to an extensive local and online resource list (for Central Kentucky clients)**
- **Assistance locating quality perinatal professionals in your area (for non-Kentucky clients)**
- **Access to ongoing community support, if desired!**
- **Follow-up informational support via mail communication**
- **Assurance knowing you and your growing family have taken proven steps to have a beautiful birth!**

*This is a virtual offer, meaning our sessions take place on a video call platform!
My followup support takes place via email. Any parent, anywhere, may book this service!*

Let's Connect

Share your plans, dreams, fears,
& questions about birth.

Contact Us

motherwelldoula.com/contact

hello@motherwelldoula.com