

# PEACEFUL PARTURITION

FOR THOSE SEEKING AN  
**INTENTIONAL**  
BIRTHING EXPERIENCE

ALL SERVICES PROVIDED IN LOVE BY  
Teresa Smith of Peaceful Soul LLC



"When you change the way you view birth, the way you birth will change."  
MARIE F. MONGAN, FOUNDER OF HYPNOBIRTHING



**TERESA SMITH**  
**Founder & CEO**

Certified Holistic Birth | Postpartum Doula | Baby  
Whisperer Certified Meditation Coach | Soul Coach |  
Inspirational Speaker | Story-Teller | Witness

Teresa understands that she has a special way of guiding people to CONSCIOUSLY think about how they think. She sees it in her everyday walk and uses it to help her coaching clients navigate this human experience beautifully. She also uses it to help in her birth work. Long before she knew what the official name was for what she was doing, Teresa has been providing "Doula" services for family and friends. More than three decades ago, Teresa began providing Postpartum Care for her sister after she delivered a premature baby. Teresa lovingly provided home care for her sister and her new niece once she was home from the NICU. She did the same after the birth of her sister's second premature daughter. Since then, Teresa has attended many births as the "always calm, cool and collected friend with the voice that soothes the angels". Little did she know this love and support was where her heart yearned to be. After many years working in various roles, she found herself being called to her gifts and operating in them with passion.

Peaceful Parturition  
An Intentional Birth Experience

DOULA

DOU·LA - /'DŌOLə/

noun

- a woman, typically without formal obstetric training, who is employed to provide guidance and support to a pregnant woman during labor and/or after the baby's birth.
- "from admission through delivery, a doula stayed at her assigned patient's side"
  - a woman employed to provide guidance and support to the mother of a newborn baby.
  - "my mother-in-law hired a postpartum doula to help me for a couple of weeks"

Families have a right to choice. Mothers have the right to choose caregivers with a holistic approach who can facilitate normalcy, transformation and the deeper unfolding of bringing forth life. Peaceful Parturition Services commits to:

- Provide birthing parents and partners calm and nurturing physical, emotional, spiritual and educational support throughout all of the phases of pregnancy, up to and through the Fourth Trimester (first 6 weeks postpartum).
- Equip birthing parents with support, various techniques and resources that help understand and maneuver the many processes with as much information as possible.
- Advocate for the desires of the mother.
- Empower new parents to confidently navigate the transition to parenthood by offering evidence-based information on conscious natural birthing, newborn care, feeding and soothing; watching baby while they nap, doing light household chores, and running errands.
- Help create a relaxed, worry-free environment that enables parents to focus their attention on the total birthing experience and their newborn.

Through interviews and planning, our relationship can begin prior to your pregnancy and at any time after conception. If your selected plan does not include Postpartum Services, you will receive follow-up visits 2-weeks and 2-months after delivery.

Additional Postpartum services may be added.



## The PEACEFUL Birth Plan

The Peaceful Birth Plan includes:

- Physical, emotional, mental and spiritual support for the laboring mother before, during and after the birth. A strong sense of confidence and support for both the birthing mother and the father/partner/family
- Present during home or hospital births. (I do not provide support for unassisted home births.)
- Monitoring of the labor process and communicate with the Midwife
- Continuous labor support using comforting techniques including birth balls, light touch massage, deep breathing, aromatherapy and visualization
- Preparation for how to navigate potential complications and spit-second decisions during birth but also acts as an advocate when necessary
- Photos/video of the birth (Using YOUR device.)
- Support for up to three (3) hours after delivery allowing the family time to enjoy “The Golden Hour”
- Assistance with first breastfeeding (if necessary)
- A sense of calm and peacefulness to the birthing experience
- Three Prenatal Visits:
  - One (1) “Getting to Know You” Visit (2 – 3 hours) – We will spend some time talking. Through casual and friendly dialogue in your comfortable setting, we’ll set the vibe for our time together.
  - One (1) Relationship Building Visit – This visit is all about us getting to know each other a little better before the big day arrives. We will meet at a place of your choosing and spend a couple of hours doing an activity you enjoy.\* (Up to 2 hours)
  - One (1) “Before We Go” Visit - This is the final visit before the baby’s birth. We’ll meet for 2-3 hours for any last minute questions or changes, to finalize your birth plan and a time of prayer/mindfulness for a beautifully fulfilling birth experience.
- Assistance with designing your Birth Plan
- A “What I Need For A Home Birth” or “What to Bring to the Hospital” List
- Access to Resources
- Referrals to doctors/midwives/childbirth & lactation professionals for both prenatal and postnatal care
- Information on Home and Hospital Births
- Vendors for supplies for Home Births
- Support with Natural Healing with herbs, essential oils, etc.
- Library of current childbirth books and online materials
- Nutritional Support and Pregnancy-Focused Meal Prep
- 24-hour on-call phone support two weeks before and two weeks after your due date
- One (1) postpartum home visit 5-7 days after delivery



## The REALLY PEACEFUL Birth Plan

The REALLY Peaceful Birth Plan includes everything in the Peaceful Birth Plan plus:  
Three (3) ADDITIONAL Prenatal Relationship Building Visits  
Two (2) postpartum home visits 5-7 days and two weeks after delivery  
Three (3) hours of personalized labor preparation including getting the Birthing Room ready  
Managing/contacting family members and visitors as well as informing designees of progress (using group texts on apps Telegram, WhatsApp, etc.)

### **BOTH PLANS INCLUDE:**

#### **NURTURING**

the mother-to-be in a way that only another mother can.

#### **ENGAGING**

on a "Soul Level" - connecting with the mother-to-be on a higher plane.

#### **ENCOURAGING**

self-direction in the co-creation of a FULFILLING birth.

#### **DEVELOPING**

deep trust for each other and the process through transparency and comfortable dialogue.

### **ALL OF THE LOVE, WISDOM AND SKILLS I POSSESS.**

"Let choice whisper in your ear and love murmur in your heart. be ready.  
Here comes life."

**MAYA ANGELOU**



## FEES FOR THE EXPERIENCES

The investment for the **PEACEFUL Plan** is \$1,400.

The investment for the **REALLY PEACEFUL Plan** is \$2,000.

Postpartum services are available and are created specifically and intentionally for each client's needs. Please speak with Teresa directly to discuss options and availability.

Rates start at \$30 per hour.

Doula investment fee structure:

Half of fee due at time experiences are contracted.

Balance is due four (4) weeks prior to due date.

Investment fee includes:

IN-PERSON services for home or hospital birth.

My service time begins when the client is at the place the birth will take place AND checked into the Labor & Delivery area of the facility. For home births, my time starts when the client is having contractions 8 minutes apart or less and speaking/normal activities are becoming more difficult.

VIRTUAL services are available in the event hospital policy changes, someone becomes ill, or any other reason we cannot be in the room together. The same level of service will be provided.

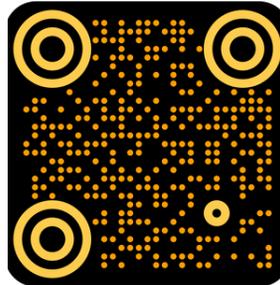
"There is such a special sweetness in being able to participate in creation."

PAMELA S. NADAV





*Peaceful Soul*  
SOUL COACHING



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Thank you for considering Peaceful Soul to witness your birthing experience!

Peace + blessings...Teresa

