



# NAÎTRE EN LUMIÈRE

## “Give Light” package

**Prenatal preparation + presence at birth + 1 postpartum session**

**\$1,600 to \$2,000**

### **Prenatal preparation**

Free discovery meeting

A 30-minute session to answer your questions about my services, approach, and vision of birth as well as yours, to see if I am the right person to support you.

🌻 Three well-being and knowledge transfer sessions (2–2.5 hours each, virtual or in-person)

**These three sessions are flexible and can be tailored to include:**

- Prenatal education and knowledge transfer
- Coaching on specific concerns or issues
- Holistic birth review
- Support in creating an informed birth plan
- Support in preparing a postpartum plan and honoring the placenta
- Guidance to create an inspiring and optimal birth environment, at home or in your chosen birth location

🌻 Unlimited text/instant messaging support

🌻 Complimentary access to the podcast Naître en lumière

🌻 Free access to exclusive educational resources

🌻 Access to my library of alternative books on birth and holistic health

🌻 Virtual postnatal availability for breastfeeding questions and support up to baby’s first year

### **Presence at birth**

🌻 On-call support from week 37 to week 43

🌻 Physical, logistical, emotional, and sisterly support throughout birth, tailored to your needs

🌻 Access to birth support materials (see full list below)

🌻 Access to a birth pool (extra fee for single-use protective liner)

🌻 Immediate postpartum support

**Includes (among other things):**

- Organic fruit, nuts, and cheese platter
- Logistical facilitation and light cleaning
- Breastfeeding support

# Postpartum support

1 postnatal visit of 3 hours

## Includes:

- 🌻 Breastfeeding and lactation support
- 🌻 Assistance with breast pump if needed
- 🌻 Lactation snack with 90% organic ingredients
- 🌻 Nourishing postpartum food specially prepared with 90% organic ingredients
- 🌻 Support with household tasks
- 🌻 Support with baby care
- 🌻 Care for siblings
- 🌻 Placenta transformation or art if desired
- 🌻 Emotional release session for birth followed by a calming herbal bath with healers if desired
- 🌻 Compassionate listening and support in weaving the birth experience

## Tools and materials available on the day of birth

- Birth pool and all necessary installation materials (+\$150)
- Rebozo (traditional Mexican scarf used to facilitate birth and suspensions)
- TENS machine
- Magic bag
- Bluetooth speaker
- Acupressure combs
- 15 different essential oils
- Essential oil diffuser
- Mother tinctures of various supportive plants
- Homeopathy for different uses
- Auxiliary heater
- Sweet almond oil for massage
- Woven cotton cords for the umbilical cord
- Witch hazel water, aloe, and organic sanitary pads for cold perineal compresses (padsicles) if desired
- Baby scale and bassinet for weighing
- Noise-canceling headset
- Birth bench
- Exercise ball

*In none of my service offerings do I ensure the safety of the mother or the baby. I do not provide monitoring, nor do I take responsibility for the pregnancy, birth, or postnatal period. I do not offer any medical care or advice, and I do not provide midwifery services. The support I offer is holistic, logistical, symbolic, intuitive, and informative in nature. I encourage you to consult a medical professional according to your needs.*



## **Potential themes and content for prenatal courses**

### **How your body is beautifully designed for birth (understanding the physiology of labor)**

- Terminology, key concepts, and theoretical framework
- The majestic dance of hormones
- The concept of neocortical inhibition and the adrenaline/oxytocin balance
- Basic needs of a birthing person
- The physiological and psychological importance of the environment
- Altered states of consciousness during birth
- Different models for assessing labor progress (how stages of birth are defined in obstetrical vs holistic models)
- The body in motion

#### **Pain during birth**

- NLP perspective
- The functions of pain
- Key issues around pain
- How to facilitate its acceptance
- How to support pain management

#### **Navigating the obstetrical paradigm**

- Alternative and critical perspectives on mainstream, industrialized birth practices
- Issues related to the medicalization of birth
- Iatrogenic consequences and the cascade of interventions
- Historical foundations
- Self-fulfilling prophecy
- The myth of birth's intrinsic danger

#### **The sacred dimension of birth**

- Birth as a rite of passage
- Preparing your emotional space for an ecstatic birth
- Sacred masculinity (possible roles and postures for the partner during birth)
- Creating an inspiring birth space

#### **Divinely orchestrated (physiology of pregnancy, birth, and breastfeeding)**

- Multiple protective and safety mechanisms in an undisturbed birth

## **The placenta, tree of life, newborn's lungs**

- How it works
- Options for the umbilical cord
- Ways to honor it postpartum
- To consume or not to consume, that is the question

## **Healing, nourishing, and being carried**

- The phase of enchantment
- Physiological approach to the third stage vs active management of the third stage
- Ancestral wisdom and postpartum hemorrhage
- The fourth trimester and postpartum recovery
- The “golden month” and the tradition of 40 days
- Postnatal nutrition and recovery
- Proximal parenting
- Secure attachment
- Conscious parenting

## **Breastfeeding: physiology, benefits, and challenges**

- Colostrum, the golden first milk
- Skin-to-skin and the golden hour
- Milk coming in
- How to achieve a good latch
- Responsive breastfeeding
- Nursing positions
- Co-sleeping
- Night feeds and cluster feeding
- Possible breastfeeding difficulties
- The partner's role in breastfeeding
- Protecting your emotional space during breastfeeding
- Breast is best vs fed is best vs informed is best
- Supporting informed choice: potential consequences of medicalized birth on breastfeeding and lactation
- Breastfeeding as a social behavior to relearn

## **Also**

- Holistic nutrition for preconception (fertility), pregnancy, and postnatal period
- Sovereign birth: reflections and considerations

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