

**alana ludington**



**full spectrum doula**

## a little bit about me

As a doula, I'm an attuned companion who walks with folks through a full spectrum of peak life experiences.

Radical Care has been the North Star guiding my educational and professional path. I began on this path as a social worker and then transitioned into full spectrum doula work. I have learned that I'm most interested in showing up for folks at a human-to-human, community based level.

The "why" behind this calling is my strong belief that folks deserve access to appropriate, attuned and continuous care when experiencing the Big Time Changes of life.

My core values are inclusivity, belonging, nourishment, autonomy and JOY! My guiding intentions are for clients to feel safe, heard, witnessed and informed through out their reproductive journey. My experience as a social worker (working alongside children, families and communities) has taught me greatly about how to actionize my values and intentions through a doula practice that is anti-racist and trauma-informed.

I'm honoured to be invited into people's reproductive journeys. I'm continuously blown away by the strength, uniqueness, resiliency, softness & growth that folks contain & possess.



# Birth + Postpartum Support



**\$1700 +GST**

## Prenatal Support:

- Complimentary meet & greet
- 3 prenatal sessions; focusing on childbirth education, creation of your birth map and planning for postpartum
- Communication via text, call & email for length of contract
- Access to supportive resources via a lending library, a curated digital list, practical PDFs & referrals to services in your community
- On call 24-7 from 36 weeks onwards

## Birth Attendance:

- Continuous support beginning in your home until a couple of hours following your birth
- Support in your immediate postpartum with feeding & lactation, nourishment and grounding (for you/your partner)
- Access to birth pool, TENS, rebozo, labour link & snacks/drinks during labour
- Birth photography, videos & recordings
- Placenta print art, if desired

## Postpartum Services:

- 10 hours of postpartum doula support during first 2-3 weeks of postpartum
- Visits involve:
  - Emotional & physical care of birthing person
  - Education and support with nursing, feeding, baby sleep and care
  - Providing baby care while parents prioritize their needs (sleep/self-care)
  - Practical help such as, meal and snack preparation & help with light house work
- Unlimited phone/email support for 6 weeks postpartum

# Birth Support



**\$1200 - \$1500 +GST  
sliding scale**

## **Prenatal Support:**

- Complimentary meet & greet
- 3 prenatal sessions; focusing on childbirth education, creation of your birth map and planning for postpartum
- Communication via text, call & email for length of contract
- Access to supportive resources via a lending library, a curated digital list, practical PDFs & referrals to services in your community
- On call 24-7 from 36 weeks onwards

## **Birth Attendance:**

- Continuous support beginning in your home until a couple of hours following your birth
- Support in your immediate postpartum with feeding & lactation, nourishment and grounding (for you/your partner)
- Access to birth pool, TENS, rebozo, labour link & snacks/drinks during labour
- Birth photography, videos & recordings
- Placenta print art, if desired

## **Postpartum Services:**

- 1-2 postpartum visits (2 hours in length)
- Visits involve:
  - Emotional & physical care of birthing person
  - Education and support with nursing, feeding, baby sleep and care
  - Providing baby care while parents prioritize their needs (sleep/self-care)
  - Practical help such as, meal and snack preparation & help with light house work
- Unlimited phone/email support for 6 weeks postpartum

# **Other offerings available**

Postpartum Doula Support

Birth Integration Session

Pregnancy Loss Support

Abortion/Termination Support



The background of the entire image shows several hands of different skin tones clasped together in a supportive grip. One hand in the foreground has several tattoos: a large blue and red rose on the forearm, a blue crescent moon with a pink flame-like shape extending from it, and several small blue stars. Another hand has a small blue triangle tattoo on the wrist. The overall mood is warm and supportive.

## Find me here

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**Thank you!**