Bright Birth Options

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Classes, Services, and Packages

Private Classes:

Each class is custom prepared to fit each family’s needs. There are a variety of topics that may be included. Each class is about 2-3 hours and includes an outline, handouts, and resource list. Tea, water, and light snacks are provided. Clients are welcome to my lending library of pregnancy, birth, breastfeeding, and parenting books.

Pregnancy

Discusses pregnancy changes and challenges, healthy pregnancy lifestyle, prenatal testing, and bonding with your baby. Additional topics may include choosing care providers, and/or home, birth center or hospital birth. Perfect for first time parents!

$60

Birth & Postpartum Preparation

Discusses comfort measures for labor, positions for labor and delivery, postpartum procedures and preparing for the postpartum period. Ideal for home, birth center, or hospital births!

$60

Breastfeeding Basics

Discusses common breastfeeding concerns, proper latch and position, healthy breastfeeding lifestyle, and preparing to return to work (if applicable). Optimal for first time parents!

$60

Newborn Care

Discusses every aspect of caring for your baby from birth to one year! Topics include bathing, diapering, nutrition, brain development and communication, and bonding with your baby. Great for new parents or as a refresher for parents and grandparents!

$60

Using Essential Oils for Pregnancy, Labor, Breastfeeding, and Baby

Learn which oils are safe for which stage and how to use them! This class is filled with tips and tricks, provides research based information on the safety of essential oils, and includes the preparation of frozen peri-pads for the postpartum period, using a jar of Peri-Tea!

$40

Group Classes:

Group classes are offered throughout the year around the Treasure Valley. These classes provide general information to educate every family attending. They are offered at a discounted price and include handouts. Follow Bright Birth Options on Facebook for updated events!

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Services and Products:

Placenta Prints

A unique and special birth keepsake! The placenta is painted to create the “tree of life” that your baby lived with for 9 months. I will pick up the placenta, create the prints, and deliver them to you! You choose the color scheme and paint medium. Paint options include acrylic and watercolor. Your baby’s footprints can be added with baby-friendly ink with my assistance. This service includes one blood print and 3 painted prints.

$50

Postpartum Support

All new parents need support during the postpartum period! This one-hour visit includes homemade baked goods, and gives new mothers and fathers time for self-care. As a certified Lactation Educator I can also support breastfeeding and refer families to an IBCLC if needed.

$25

Baby & Me Bath Time Tea

Brew some calming herbs and add to a bathtub of warm water for a soothing bath with your baby! This jar contains chamomile, lavender, and calendula flowers, all safe for your baby!

$8

Peri-Tea

Brew these healing herbs for your peri-bottle or a soothing bath. This jar contains black tea, lavender, and calendula, which all promote healing of the perineal tissues after birth. This brew can also be used to create frozen peri-pads. Witch hazel can also be added to aid in healing.

$8

Baby & Me Relaxing Mist

This mist contains rose water and pure lavender essential oil. It can be used to spray your bed and baby’s bed, or baby’s pajamas, to aid with relaxation and sleep. It is safe to use as an alternative to synthetic perfume, which may irritate your baby’s sensitive sense of smell.

$10

Packages:

Basic Package

-2 private classes of choice

-10% off Placenta Print service (optional)

-10% off Postpartum Support visit (optional)

$90\* 0r $110 (*$17.50 savings!*)

Bright Package

-3 private classes of choice

-10% off Placenta Print service (optional)

-10% Postpartum Support visit (optional)

-FREE Gift

$142\* or $162 *($30.50 savings!)*

Brighter Package

-4 private classes of choice

-15% off Placenta Print service (optional)

-15% 0ff Postpartum Support visit (optional)

-FREE Gift

$192\* or $212 *($45.25 savings!)*

Brightest Package

-5 private classes

-35% off Placenta Print service (optional)

-FREE Postpartum Support visit

-FREE Gift

$240\* or $260 *($88.50 savings!)*

*\*Price of package when Essential Oils class is included in choice of classes*

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