

### **A Time to be Born Birth Services & Fees:**

- **\$2100 Birth Doula** (1 prenatal appointment, 4 weeks of on-call for due date/38-42 weeks, 1 postpartum home visit. The Bradley Student Registration/ONLINE access to course content ONLY is included for all of my doula clients (\$100value))
- **\$1800 Repeat Client Birth Doula**
- **\$1000 Emergency/Last Minute Birth Doula** face to face labor support at birth, 1 postpartum home visit
- **\$1500 Birth Photography** (1 Consultation appointment, 4 weeks of on-call for due date/38-42 weeks, photographs of your birth story: labor/birth/newborn/family at birth place, a minimum of 50 edited black and white digital images)
- **\$50/hour for additional hours** after 15-hour max has been applied to Doula/Birth Photography services
- **\$50/hour Postpartum Doula Helper** (2hr. minimum blocks)
- **\$375 Bradley Method® Private in home (Vernon) Classes Hybrid online/in-person** (Registered Bradley Student 12 classes online access, 5 in-person meetings, 11 hours of face-face instruction, Bradley Class Reunion gathering)
- **\$2850 Combo Birth Doula + Birth Photography**
- **\$2400 Combo Birth Doula + Bradley Method® Students**
- **\$3000 Combo Birth Doula + Birth Photography + Bradley Method® Private Classes Hybrid online/in-person**

### **Bradley Method® Natural Childbirth Class Options:**

**\$375 Bradley Method® Private in home (Vernon) Classes Hybrid online/in-person** This class includes registration as an online Bradley Student, complete access to the twelve course content online classes and videos, and a digital Bradley Student Workbook to self-paced online. This is a hybrid style online/in-person Bradley class. This option includes a total of five in-person classes. There are four two-hour classes (covering the content of Bradley Student Workbook chapters 1,2,3, 4, 7, 8,11, & 12) and one three-hour hands-on Labour

Rehearsal Class (class covering the content of Bradley Student Workbook chapters 5,6,9,& 10). Totalling eleven hours of in-person instruction and an additional postpartum Bradley Class reunion gathering. The in-person classes condense and cover the course content of the twelve chapters in the Bradley Student workbook with a maximum of eight couples.

These classes include borrowing privileges of A Time to be Born Lending Library.  
Cost Breakdown:

- Registration/online student=\$100
- 2hr. Classes x4=\$200
- 3hr.Labour Rehearsal Class=\$75
- Total Bradley Method Class Series=\$375

Alternative option includes:

- **\$100 Bradley Student Registration/ONLINE access to course content ONLY** This class includes online registration as a Bradley Student, complete access to the twelve course content online lectures and videos, and a digital Bradley Student Workbook.
- **\$75 Labour Rehearsal Class** This class is a three-hour Labour Rehearsal hands on class-covering the content of Bradley Student Workbook chapters 5,6,9, and 10. This option requires you to be a registered/online Bradley student. This class includes a postpartum Bradley Class reunion gathering.
- **\$175 Bradley Student Registration/ONLINE access to course content ONLY Labour Rehearsal Class**

**Bradley Method® Natural Childbirth Class at Manchester Memorial Hospital**



AT MANCHESTER MEMORIAL HOSPITAL

- **\$325 Bradley Method® Classes** This class includes registration as an online Bradley Student, online of the Bradley Student Workbook and 9 in person classes with 20 hours of childbirth instruction. There are nine two-hour classes (covering the content of Bradley Student Workbook

chapters 1,2,3, 4, 7, 8,11, & 12) and one five-hour hands-on Labour Rehearsal Class (class covering the content of Bradley Student Workbook chapters 5,6,9,& 10). It will be held in the Family Birthing Center classroom at Manchester Memorial Hospital. A tour of the Family Birthing Center will be included after Class 7. These classes are provided through Eastern Connecticut Health Network (ECHN) support and educational resources. Registration and payment must be online through ECHN:  
[https://healthyliving.echn.org/events/list/page/3/?tribe\\_eventcategory%5B0%5D=138](https://healthyliving.echn.org/events/list/page/3/?tribe_eventcategory%5B0%5D=138)

*Note: I highly recommend all of my clients take the opportunity to join a Bradley Method® Class*

**Payment Information:** Student registration information along with a \$100 fee is required to sign up for class. Payments may be paid in cash, by check to Shelley Snyder, paid with credit card on my Square card reader with a 4% service fee, or paid to my Venmo or Paypal account. The balance of the class fee is due at the first class unless a prearranged payment plan has been agreed upon. Doula client prenatal interview form and a signed agreement for services along with a \$700 deposit and retainer fee is required for doula services.

**Insurance Payment/Reimbursement:** I do not bill insurance. Some insurance companies will provide you reimbursement. Please contact your insurance company directly to inquire. By request I can provide you with an invoice/receipt for services including Diagnosis V22.2 Intrauterine Pregnancy and CPT codes: 99078 Childbirth Education Instructional Classes and 99499 Evaluation and Management Services (labor support) and a certification of completion of class. You can submit this to your private insurance company as they may require it for reimbursement for my services. I have had clients in the past successfully use their Health Saving Accounts (HSA credit card) or Flexible Spending Accounts to pay for services. By special request, I offer payment plans. If applicable, please inquire about financial assistance or discounts for eligible families.

## **A Time to be Born Partners Special Offer Bonus Packages!!!**

Special Offers for my clients and students include service packages brought to you by a collaborative group of local women who are dear to me who share the desire to bless others with their services during your childbearing years!

- **\$135 Pregnancy/Postpartum House Cleaning Package** (discounted from \$160)-**Tessa's House Cleaning Services** This package offers a prenatal and postpartum cleaning which includes two hours of deep cleaning before the baby comes and two hours of maintenance cleaning after the baby arrives home. Call or Text {860-863-7981}
- **\$650 Motherhood Package** (discounted from \$700) -**Kyley AnnaRose Photography** This package offers a one-hour maternity session anywhere in CT and an one-hour newborn/family session anywhere in CT with a minimum of 50 edited images per session. Single session is available for \$350 (discounted from \$400). Visit {[kyleyannarosephotography.mypixieset.com](http://kyleyannarosephotography.mypixieset.com)}
- **\$125 Mommy Pampering Package** (discounted from \$200)- **Sarah Dumas with Salon Trendz** This package offers a prenatal Tulasara Aveda Facial, a hair Blow-out and a gift bag which includes shampure lotion, body wash and shampoo, rosemary mint conditioner and lip saver balm Aveda products to take with you to your birth place. Call or Text {413-454-5561}
- **Natural beauty for moms-Rebekah Fox with A Natural Fox** Use this discount code **ATTBB20** and get \$20 off Holistic Skincare, Anti-Aging Facials, Gua Sha Facials, Near Infrared Light treatments. Visit {[anaturalfox.com](http://anaturalfox.com)}