



S E R V I C E S

&

Pricing Guide

FERTILE ROOTS LLC



Welcome!

IT'S SO NICE TO MEET YOU

I'm so excited that you have taken the time to learn about my experience as a Doula, explore my services, and express your desires for your birth experience.

If we've already had a consultation, this guide will give you a more in-depth explanation of my services and our time together. If you decide you would like to hire me after you read through this information, please email me at lindsay@fertile-roots.com and I will get the ball rolling. If I've already sent you a copy of the contract, feel free to sign that as well.

Please don't hesitate to reach out to me at any point in time if you have any other questions before moving forward. I look forward to hopefully working with you!

Lindsay Salamone

FULL
SPECTRUM
DOULA



FERTILE ROOTS
DOULA SERVICES

My Mission

Fertile Roots is committed to serving pregnant individuals throughout their entire experience and beyond through birth and postpartum support, as well as compassionate care for those experiencing miscarriage, abortion, and all pregnancy outcomes. Each person, regardless of gender identity, race or national origin, economic or marital status, deserves advocacy and companionship that is free of judgement, unbiased, and grounded in trust.

I'm Lindsay!



I have been a full spectrum birthworker since 2018. I started this line of work because I have always had the natural desire to help and support people.

With a strong passion for reproductive health, when I first learned what a Doula is, it felt like the right path for me. A friend of mine encouraged me to follow through after she had a wonderful experience with her own birth doula. Three months later I immediately jumped right in and began my birth and postpartum training with Buffalo Doula Collective/Life Cycle Doulas.

By September of 2018, I had attended my first birth and never looked back.

As soon as I started to actively do the work, I knew I wanted to learn more and expand my knowledge. So, I began my Advanced Full Spectrum training with Cornerstone Birthwork Trainings in April 2021. This training provided me with the knowledge on how to help support birthing people through loss, termination, fertility, end of life, birthing while incarcerated, harm reduction for pregnant people, supporting sex workers, birthing people of all genders, and so much more.

With this expanded knowledge I gained, I was now able to better support a wider outreach of individuals.

In October of 2021 I began my training as a Pre/Postnatal Fitness Specialist with PRONatal Fitness so that I could provide better pelvic floor support for pregnant people, as well as encourage and empower a healthy sense of self-worth and body image, free from the pressures of toxic fitness culture and society's biases on body image. With this knowledge, I am able to provide my clients with tips to help prepare for birth, while protecting their pelvic floor, and easing them back into the activities of daily postpartum living.



My Philosophy

I believe in providing my clients with evidence based information and resources so that they can make the best and most informed decision for themselves and their child.

In my time as a Doula, I have witnessed birth happen in a beautiful and natural state without interventions. I know that your body is made to do this and I believe that your birth should be an empowering experience. I also recognize when the health and safety of the birthing person and their child is of importance and that **some** medical interventions may indeed be necessary, especially if there are contraindications.

If that happens, my job as your support system is to help provide a streamline communication between you and your provider. Sometimes things can happen very quickly in the birthing room and without consent. My goal is to make sure your questions are answered by your provider, to slow the processes down, and allow you and your partner the time to make decisions should your plans change.

My goal is for my clients to feel well informed and supported throughout their entire experience.

What I Offer...



Birth Support

We'll begin our journey with 1-2 prenatal visits that will provide you with resources for education, comfort measures, and pain coping techniques. Throughout your labor, I will be there to empower you to advocate for yourself so that you may have a safe and positive birth journey.



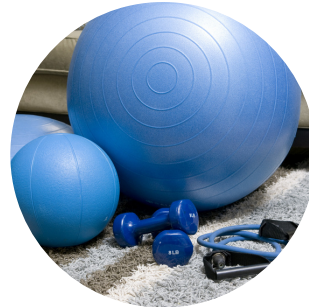
Postpartum Support

The support you receive in the days after bringing your baby home are some of the most important moments for rest, healing, and connecting with your newborn. I will provide you with consistent support throughout the first 4-6 weeks you are home.



Child Care

Need a little extra support with your children before the new baby comes? Looking for a nanny once you have to go back to work? I provide childcare support for whatever your needs might be.



Pre/Postnatal Fitness

My fitness instruction is not your typical workout session. I provide my clients with exercises, techniques and tip for protecting their pelvic floor, preparing for birth, and easing back into activity during postpartum.



Fertile Roots

Full Spectrum Pregnancy Companion

Birthing Support

P A C K A G E

INCLUDED :

- Consistent phone support leading up to the birth.
- 1-2 prenatal visit(s).
- Birth plan guidance.
- Pain-coping techniques, birthing positions, and guidance towards resources upon request.
- 12-hour support through labor and birth.
- \$25/hour if 12-hour support is exceeded.
- 1 hour of support immediately after birth.
- 1 postpartum visit within 10-14 days of the baby's birth.
- Additional postpartum services can be arranged and include an additional \$25/hour.

I provide birthing support to individuals no matter where they wish to birth; including home birth, birth center, and hospital births.

Continuous support will be provided whether my client chooses to birth with or without an epidural, as well as a scheduled c-section, emergency c-section, or c-section of choice by my client during labor.

A postpartum visit will be scheduled when you and your family have returned home. I will check-in to see how everything is going, discuss chest-feeding, and provide any additional resources you may be seeking for your postpartum.

P R I C I N G

\$ 8 5 0

Postpartum Support

ALL IN PACKAGE

INCLUDED:

- Consistent phone support throughout the contracted period.
- 10, 4-hour shifts (40 hours total) over a month period.
- 3 times a week for the first two weeks.
- 2 times a week for the last two weeks.

PRICING

\$ 9 0 0

At the agreed upon start date, I will help you settle in, provide meal preparation support/recipes, help setting up your home, if necessary, tidy, laundry, dishes, provide lactation support and sibling support if applicable.

My postpartum support also includes time for you and I to connect on your experience, needs, and feelings. My goal is to make sure you feel supported, have the ability to rest when needed, and actively listen to your concerns, struggles and desires.

I wish to honor and validate my client's emotions and experiences, and to help provide them with a way to navigate this new normal.



Fertile Roots

Full Spectrum Pregnancy Companion

Extra Services

STAND ALONE OR ADD-ON



EASY - BREEZY POSTPARTUM PACKAGE

- Choose shifts and times that work best for you, two-hour minimum.
- Care is provided as outlined in the All-In Package. You can choose from one shift to many.
- Shifts can be added or deleted with 48-hours' notice and/or as the doulas' schedule allows.

\$ 2 5 / H O U R

CHILD CARE DOULA PACKAGE

- Provides general everyday support and child care during the prenatal leading up to birth and/or postpartum.
- Hourly rate.
- This service can be in addition to a birthing support package or stand alone well into postpartum.

\$ 2 5 / H O U R

Our Time Together

BIRTHING SUPPORT : WHAT YOU CAN EXPECT

01

Continuous check-in by phone call, text, email or Facetime. Whatever you prefer. You may update me on appointments you have with your provider, as well as to reach out whenever you have a question or would like information on a possible option.

02

Our first prenatal visit together will consist of us discussing a birth plan, providing pain-coping techniques and positions for you and your partner to practice, and educational reading materials to prepare you for birth.

03

Our second prenatal visit will consist of preparing for postpartum and creating a plan for when you arrive home, so that you may get the rest and support you deserve in order to heal and bond with your baby.

04

Birthing support will begin whenever you start to experience the first signs of labor. Please notify me if your water breaks or you start to experience contractions. We'll stay in communication and take it moment by moment to take the next steps in the labor process.

05

My postpartum check-in will provide you with the option to ask for additional resources. I will make sure that you are settled, healing properly, and I will provide you with a warm meal.

Evidence-Based Benefits

OF DOULA CARE

as provided by www.evidencebasedbirth.com

BENEFIT 01

- 25% decrease in the risk of Cesarean; the largest effect was seen with a doula (39% decrease)
- 8% increase in the likelihood of a spontaneous vaginal birth; the largest effect was seen with a doula (15% increase)

BENEFIT 02

- 10% decrease in the use of any medications for pain relief; the type of person providing continuous support did not make a difference
- Shorter labors by 41 minutes on average; there is no data on if the type of person providing continuous support makes a difference

BENEFIT 03

- 38% decrease in the baby's risk of a low five minute Apgar score; there is no data on if the type of person providing continuous support makes a difference
- 31% decrease in the risk of being dissatisfied with the birth experience; mothers' risk of being dissatisfied with the birth experience was reduced with continuous support provided by a doula or someone in their social network (family or friend), but not hospital staff

Testimonials



Melissa L.

Our experience with Fertile Roots was truly wonderful each step of the way. Lindsay was a compassionate, knowledgeable and professional asset from early in pregnancy through my birth and postpartum experience.

She helped me navigate a high risk pregnancy and when my birth plan had to take a sudden unexpected turn due to medical issues, she was able to pivot and keep me feeling calm and in control even when things were constantly changing.



Sara M.

Our experience with Lindsay from Fertile Roots was nothing short of amazing. She is the most caring, compassionate and dedicated individual, and her passion for what she does is palpable. She was always quick to respond to my many texts and calls and always made my husband and I feel at ease. We also utilized her services for additional childcare while I was very pregnant. Even though this was my 3rd birth, I learned so much from our experience. Lindsay is the reason I was able to have a positive birth experience after 2 traumatic births. My only regret is not bringing her on board sooner!



Lisa M.

Lindsay was instrumental in making sure that my pregnancy and birth experience went the way I wanted. This was my second pregnancy and I wanted things to go differently than my first. When I got diagnosed with gestational diabetes Lindsay did her own research to help me maintain a healthy diet and keep my blood sugar levels within range. When I went into labor two weeks early, Lindsay was right by my side making sure I was as relaxed and calm as possible. I'm very fortunate that the delivery of my daughter went smoothly but I am CONFIDENT that if there had been a crisis, Lindsay would have helped me advocate for what I wanted. Lindsay is generous, welcoming and compassionate which makes her a fabulous doula.



Mara M.

We hired Lindsay as soon as we could. There was no one else I wanted to help me through my pregnancy and transition into parenthood. Her steadfast energy and non judgmental support through my labor helped me have the birth I had planned. She didn't shy away from my postpartum texts and continued to support me with her non-judgmental and calming energy. She helped prop me up in moments of doubt and exhaustion.
If you want an advocate, confidante, and a family member then you want Lindsay in you corner.

FAQ's

IN WHAT SETTINGS HAVE YOU ATTENDED A BIRTH?

I have attend births at The Birthing Center of Buffalo, The Coit House/Fika Midwifery, Mercy Hospital, Sister's Hospital, Oishei Hospital, and Millard Fillmore Suburban Hospital.

When thinking about the setting in which you wish to give birth, I encourage you to think about your initial gut reaction to that setting. If you walk into a hospital and you immediately feel safe, secure, and trusting, then you are birthing in the right place. If not, and you are a low risk pregnancy, there are other options. I implore you to reach out to one of the two birthing centers in Buffalo, take a tour, and seek out these options.

WHAT CAN I EXPECT FROM YOUR SUPPORT DURING MY PREGNANCY AND BIRTH?

My goal is to make sure you feel well informed throughout our entire time together. I will encourage you to follow your instincts and listen to your gut. My words of advice are this, every time you are at a prenatal appointment with your provider, you are on a job interview. However, **YOU** are the hiring manager. Think of a list of questions you want to ask during your appointments and come prepared. If at any point you don't feel heard, you feel dismissed, uninformed, rushed, or unsupported, that is a red flag. It is never too late to change providers.

HOW DO YOU SUPPORT/WORK WITH PARTNERS DURING THE BIRTH EXPERIENCE?

With my training in different pain coping techniques, I can guide your partner through different positions that will help you move through the labor surges, as well as create a bonding experience for the two of you during this intimate time. I will also check-in with your partner to make sure they hydrate, snack, and rest from time to time so that they can support you through at the most crucial moments.

DO YOU HAVE A BACK-UP DOULA?

Yes, my back-up Doula is available to speak to upon request. She comes from the same training background as me, has the same Doula philosophy, and would be deployed in the event that I would be unable to attend.

WHEN DO YOU JOIN ME DURING LABOR?

In most cases, I join the birthing person and their partner when the birthing person has entered active labor. However, each birth experience is different and so, I like to keep in touch and play it by ear in the moment. During our first prenatal visit together, I will explain in-depth and outline what joining you would look like in the moment.

Next Steps

IF YOU WOULD LIKE TO HIRE ME, YOU CAN...



C O N T A C T M E

716-698-6820

lindsay@fertile-roots.com



S I G N T H E C O N T R A C T

Read over the contract and make sure you understand everything. If you are ready to move forward, you can sign it and I will receive a notification.



Q U E S T I O N S

If you have any further questions, jot them down and reach out to me, I would be happy to answer any further questions to make sure you are comfortable moving forward.

Community Resources

TO START YOU ON YOUR JOURNEY...



Baby's Sweet Beginnings

231 Aurora St
Lancaster, NY 14086
716-681-8100

www.babysweetbeginnings.com



Care Connection

3391 Harlem Rd.
Amherst, NY 14226
716-725-6370

www.careconnectiononline.com



WNY Postpartum Connection

A directory of mental health and support services for pregnant and postpartum moms in WNY.

www.wny.postpartum.com

EVIDENCE BASED Birth®

Evidence that Empowers!

Evidence Based Birth

Evidence based articles and podcast to help you make informed decisions.

www.evidencebasedbirth.com



A Sweet Snack!

Coconut Brownie Bites

1 cup almonds
1/4 cup cocoa powder
1/2 cup unsweetened coconut flakes, divided
1 cup pitted dates, soaked and drained
1.5 tbsp coconut oil, melted
1 tbsp raw honey

Combine the almonds, cocoa powder and 1/4 cup of the shredded coconut together in a food processor. Process into a fine powder. Add the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms. Roll batter into small bite-sized balls. Then roll each ball through a bowl with the remaining coconut flakes to coat. Organize on a fancy plate and voila! Betcha can't eat just one.

SOURCE: <https://blog.thatcleanlife.com/coconut-brownie-bites/>

Let's Connect



716-698-6820



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[@fertile_roots](https://www.instagram.com/fertile_roots)



[@fertilerootsllc](https://www.facebook.com/fertilerootsllc)



Buffalo, NY

Thank You For Your Time!

I look forward to hearing from you and hopefully becoming
your pregnancy support companion.

Sincerely,

Lindsay Salamone



Fertile Roots

Full Spectrum Pregnancy Companion