

# Fee Schedule 2025

## Prenatal Services

- YDD's Confident Birth Prenatal Program (private 2 sessions) \$600
- YDD's Condensed Confident Birth Program (private 1 session) \$300
- Prenatal Newborn Sleep Program with Home Assessment (Private) \$300
- Prenatal Breastfeeding Program (private) \$300
- Pregnancy On-call (from registration to 2 weeks pp) \$500
- Pre-Birth Appointment (2 hours) \$300

## Birth Doula Services\* \$1200

\*Consists of both of the following services that are required in order to have a doula at your birth:

- Labour On-Call Service (standard, 38 - 42 weeks) (\$350)
- Labour and Childbirth Doula Support (\$850)

## Postpartum Doula

- Daytime support 4 hour minimum \$100/ hour
- Overnight support \$650 (for 8 hours min)

## Postpartum

- Postpartum ND appointment (2 hours ) \$300
- Breastfeeding consultation (Initial) \$350; (follow-up) \$250
- Infant Craniosacral Therapy (intial) \$250; (follow-up) \$200
- Sleep consultation (Initial) \$300; (follow-up) \$150

## General Clinic Rates

- for treatments such as acupuncture, induction, medical concerns and treatment plans etc
- 20 min (phone call only) \$50
- 30 min (phone call or video) \$100
- 45 min (phone call or video) \$150
- 1 hour \$175
- 1.5 hour \$250
- 2 hours \$300

Fees subject to change. Services administered by naturopathic doctors are eligible for coverage under your health benefits.

If you are outside the practitioner's catchment area for in-home appointments, an additional travel will be added. Available to residents of Ontario only.





# Prenatal Program Series

Exclusive to Your Downtown Doula

## Confident Birth Prenatal Program \$600 (private)

This is our #1 highly rated prenatal program

- We're committed to helping you feel calm and confident for labour and childbirth!
- Created and taught by naturopathic doctors and doulas (virtual or in-home)
- Two classes, 2 -2.5 hours each
- Learn birth basics from a non-fear based approach
- Learn and practice useful and effective exercises (breathing, visualization, massage)
- Your partner will learn how to be a great birth partner
- Includes 2 e-workbooks, audio tracks, birth affirmation artcards
- *Already taking a prenatal class? Have you given birth before? We offer a 1 session Condensed version that focuses just on the effective relaxation techniques that work! \$300*

## Prenatal Newborn Sleep Program with Home Assessment \$300

Together, we work on a sleep plan that you can feel good about

- You'll receive a workbook to read up on baby sleep basics:
  - Understand the normal behaviour and developmental needs of your baby
  - Debunking many common myths around baby sleep
- You'll have a in-person appointment (90 min) with Dr. EeVon Ling ND where she'll:
  - Show you ways to safely put your baby to sleep
  - Help you get started on regular routines for sleep
  - Conduct an assessment of your home sleep set up and give recommendations to help everyone maximize sleep

## Prenatal Breastfeeding Program \$300

Give yourself the best chance at nursing!

- This is a 2 - 2.5 hour in-person session at your home with one of our lactation consultants who are also ND's
- **What you will learn:**
  - What to expect in the first week of life - when your milk comes in, cluster feeding
  - The basics - latch, positioning
  - How to eliminate pain, boost milk supply, overcome a rocky start
  - Pumping and bottles: Learn how to pump, how to avoid bottle preference, and safely store your milk
  - And much more!

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