

Anjelica Malone

birth + breastfeeding +  
postpartum  
services

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Seattle, WA

# ANJELICA MALONE

*Certified Lactation Educator Counselor  
Birth & Postpartum Doula  
Childbirth Educator  
Empowered-parent Coaching*

My practice is rooted in providing you and your support system with evidence-based education, gentle guidance, and confident reassurance in your innate ability to make the best decisions for you and your baby. I work diligently to counteract fear, overwhelm, and uninformed decision-making. Mothers today are often influenced yet discouraged by peer experiences shared through social media, "mommy blogs", unsolicited advice, and the like.

The mamas I serve recognize this and are looking for someone that will reinforce their belief that they are healthy, capable, and powerful beings.

As your educator and doula I will provide you with lifestyle specific resources, skills, and personalized coaching that will equip you to confidently navigate pregnancy, birth, postpartum, and even your entire parenting journey.

I've worked in the birth and postpartum space since 2010 when I began mentoring pregnant women and attending the births of refugee and lower income mothers in Buffalo, NY. In 2013 I trained with UC San Diego and completed my certification as a Lactation Educator Counselor. I've spent the last four years supporting new mothers and their family in Puerto Rico and Guam through private in-home education, consults, and coaching. In 2017 I completed my Full-Circle birth & postpartum doula training with ICTC and Childbirth Educator training with ICEA in order to provide more comprehensive care to my clients with the most up to date and evidence-based practices.

# NOURISH | *Prenatal Education + Postpartum + Lactation Care Package*

CLEC, CBE, POSTPARTUM DOULA

**prenatal**| assessment (address history, goals, & concerns) + 3hr. breastfeeding class + copy of Milk Boss 101: The Modern Breastfeeding Journal & Guide (building your breastfeeding tribe, how to master the first feedings, avoiding cracked & bleeding nipples, increasing milk supply, easing engorgement, how to know if baby is getting enough, returning to work, pumping, building a freezer supply, and when to seek help), childbirth education class (two 3hr. classes- understanding informed consent, making decisions under pressure, labor process, coping skills, complications, interventions, postpartum & newborn care), birth + breastfeeding + postpartum planning/visioning. Phone & email support up to 12 weeks postpartum.

**postpartum**|*1st visit*: private 1-2hr. lactation visit (MUST be within the first 3 days home from hospital or days after birth), includes an evaluation of milk transfer, help with engorgement, achieving a comfortable latch, how to know if baby is getting enough, addressing concerns, & creating practical solutions. *2nd & 3rd visit*: 4hr. visit includes meal prep, light house-cleaning, newborn support, self care practices, birth + postpartum processing, lactation follow-up, preparing for pumping, returning to work, referrals & postpartum resources when needed.

Fee 1200

# NURTURE | *Birth Doula Package*

## BIRTH DOULA & CLEC

**prenatal**| *1st visit*: detailed history & assessment (medical & family history, preferences, fears/concerns, expectations of doula, birth vision, & partner's role), *2nd visit*: education on requested topics, create/review birth+ breastfeeding plan, practicing coping skills & relaxation. Phone & email support up to 12 weeks postpartum.

**labor**| continuous support during active labor (<18hrs.) + 1hr.of assistance during recovery, with breastfeeding guidance.

**postpartum**| one 2-3hr. postpartum visit which includes birth + postpartum processing, meal prep, light house-cleaning, newborn support, self care practices, limited breastfeeding support, referrals & postpartum resources when needed. **Must take place within the first two weeks postpartum.**

**Fee 900**

*You may add these additional services to the package:*

**Lactation Visit** (must take place within the first 5 days after birth):

Includes an evaluation of milk transfer, education, help with engorgement, latch, customized care plan, referral when needed & how to properly use your pump.

\$210 (approx. 1-2 hours) / \$150 follow-up

**Postpartum Doula services:** \$40/hour, minimum 8 hours total.

**NOURISH + NURTURE |**  
*All-inclusive Prenatal Education*  
*+ Birth Doula + Lactation +*  
*Postpartum Care Package*

CBE, BIRTH &  
POSTPARTUM DOULA, CLEC

**prenatal**| *1st visit*: detailed history & assessment (medical & family hx, preferences, fears/concerns, expectations of doula, birth vision, & partner's role), *2nd visit*: 3hr. breastfeeding class + copy of Milk Boss 101: The Modern Breastfeeding Journal & Guide (building your breastfeeding tribe, how to master the first feedings, avoiding cracked & bleeding nipples, increasing milk supply, easing engorgement, how to know if baby is getting enough, returning to work, pumping, building a freezer supply, and when to seek help), *3rd & 4th visit*: childbirth education class (two 3hr. classes- understanding informed consent, making decisions under pressure, labor process, coping skills, complications, interventions, postpartum & newborn care), *5th visit*: create/review birth+ breastfeeding plan, rehearse coping skills, practice relaxation techniques. Phone & email support up to 12 weeks postpartum.

**labor**| continuous support during active labor (<18hrs.), 1hr. of assistance during recovery, and breastfeeding guidance.

**postpartum**| *continued on next page.*

**NOURISH + NURTURE |**  
*All-inclusive Prenatal Education*  
*+ Birth Doula + Lactation +*  
*Postpartum Package*

CBE, BIRTH &  
POSTPARTUM DOULA, CLEC

**postpartum| 1st visit:** private 1-2hr.  
lactation visit (MUST be within the first 3  
days home from hospital or days after birth),  
includes an evaluation of milk transfer, help  
with engorgement, achieving a comfortable  
latch, how to know if baby is getting enough,  
addressing concerns, & creating practical  
solutions. *2nd & 3rd visit:* 4hr. postpartum  
doula visit includes meal prep, light house-  
cleaning, newborn support, self care practices,  
birth + postpartum processing, lactation  
follow-up, preparing for pumping, returning  
to work, referrals & postpartum resources  
when needed.

**Fee 1900**

## how to proceed...

Once you've had a chance to review my three offerings and if you've determined that my philosophy aligns with yours, please email me at [hello@anjelicamalone.com](mailto:hello@anjelicamalone.com) with your *due date, place of delivery, offering you're interested in, and a bit about yourself*. Please put "BIRTH SUPPORT + Your name" in the subject line of your email.

I will reply to you within 3 business days to schedule a meet & greet. During our meeting you'll have the opportunity to interview me, discuss your desires, review my agreement, define payment terms, and decide if you'd like to proceed with booking my services.

I look forward to hearing from you and coming alongside you during your pregnancy, birth, and postpartum journey.

xo  
Anjelica

p.s. If you don't hear from me, double check that you typed in Anjelica with a "j"...If the spelling is correct and you still haven't heard from me, feel free to email me again and say, "hey, what's up?"