



Matru-Prema Birth Services

PRENATAL • BIRTH • POSTPARTUM • EDUCATION

PROUDLY SERVING WYOMING
& NORTHERN COLORADO



Thank you for your interest in my labor & birth support services! Matru-Prema Birth Services was founded to support women during their personal and transformative birth experiences and to meet the very real need for labor support in Wyoming.

It is widely accepted that doula support yields many benefits and leads to positive birth outcomes for both mother and baby. Women who add a doula to their birth support team are less likely to request pain medication, require Pitocin, or have a cesarean birth. Most importantly, they are more likely to rate their childbirth experience as positive.

Details of my services, qualifications, and education are available at this booth. Should you choose to hire me, we will sign a copy of the contract and submit a deposit. This reserves your spot on my calendar from 38 weeks to birth. I will not book any other clients during this window. In order to maintain a healthy work-life balance, I do not take more than two birth clients per month.

My goal as your doula is to help you learn to trust your beautiful, strong, and capable body and to trust birth itself. The moment your baby is born will be joyous, magical, and spiritual, and it is my sincere wish that all mothers and partners are able to experience the wonder as fully and presently as possible.

It would be an honor to hold space for you during this precious time. I will work tirelessly to help you feel confident, respected, informed, and surrounded by care, love, and compassion.



*With Gratitude,
Jacqueline*



Jacqueline George CD CFA HCC RN BSN

My name is Jacqueline and I am a doula, student midwife, registered nurse, family advocate, holistic care consultant & yoga instructor certified in prenatal and Hatha. I was trained through Indie Birth Midwifery School, The Matrona Quantum Birth & Midwifery, DONA & Birth Arts International. I also hold a Bachelor's Degree in Nursing from Boise State University. I currently reside in Medicine Bow, Wyoming with my husband and our son.

I truly believe that birth is a natural, highly-personal, and transformative experience that women's bodies are perfectly made to navigate. I also believe that, while technological advances in maternity care have saved many lives and improved outcomes, most births do not require such intervention or medical management. With this in mind, I am committed to supporting my clients' specific birth wishes, whatever they may be, and to help them develop and achieve a birth plan that fits their unique needs and wants. I support all of types birth in all settings and bring my multifaceted knowledge as well as my own pregnancy and birth experience to enhance and empower each client's individual journey.

Meet Your Doula



Qualifications

- Certified Birth Doula (CD): The Matrona Holistic Doula Program, 2021
- Certified Postpartum Doula (PCD): The Matrona Holistic Postpartum Doula Program, 2022
- Breech & Twin Vaginal Birth Training: Reteach Breech with Dr. Stuart Fischbein, 2022
- DONA International Birth Doula Workshop: Beautiful Birth Choices, 2021
- Certified Prenatal Yoga Instructor: Arhanta Yoga Ashrams, 2021
- Certified Hatha Yoga Instructor: Blossom Yoga Studio, 2019
- Yoga Alliance 200-Hour Registered Yoga Teacher: 2019
- Registered Nurse - License in Good Standing: Wyoming Board of Nursing, 2010

Education

- Bachelor's Degree in English: Western Washington University, 2005
- Associates Degree in Nursing: North Idaho College, 2010
- Bachelor's Degree in Nursing: Boise State University, 2013
- Certified Family Advocate (CFA) & Holistic Childbirth Consultant (HCC): The Matrona Birthkeepers Cohort, 2022
- Placenta Encapsulation, Tinctures & Prints, Umbilical Cord Keepsakes: Woman's Choice Perinatal Services, 2022

Ongoing Trainings and Certifications

- Independent Midwifery: Indie Birth Midwifery School, 2024
- Childbirth Educator, Breastfeeding Educator & Bereavement Doula: Birth Arts International
- Ayurveda Certification: Heart of Herbs Herbal School

Qualifications & Experience



Deluxe Support Package: Starts at \$1000

- Pre-Booking Interview
- Initial Prenatal Appointment at ~32 weeks
- Pre-Labor Prenatal Appointments at ~35-36 weeks
- Once monthly check-ins by phone or virtual prior to the 32-week appointment
- 24/7 telephone support throughout pregnancy (if the issue is non-emergent, please contact me between 9 AM & 5 PM)
- 24/7 on-call availability from 38 weeks until birth
- Unlimited phone, text, and/or virtual support during early labor
- Continuous in-person support at your birth location from active labor until 1-2 hours postpartum
- Assistance with skin-to-skin contact and breastfeeding establishment, if needed and desired
- Photos of your labor and birth, or referral to a professional birth photographer
- Two in-home postpartum visits to discuss your birth, any questions or concerns, and referrals to additional resources as needed.

Birth Packages



A La Carte Services: \$35/hr (unless otherwise listed)

Prenatal, Labor & Birth, and Postpartum services can be booked separately if you desire! Perhaps you only want continuous support during labor and birth. Or you might want assistance with building a birth plan prenatally. You may even want help finding postpartum resources once your baby is born. I can accommodate any combination of circumstances and am happy to develop a plan to meet your personal pregnancy, birth, and postpartum situation.

For prenatal services:

- Appointments are one (1) hour minimum.
- If you have already booked a Birth Doula package, you may add additional prenatal appointments as desired at the listed rate.

For labor and birth services:

- Support services are booked for three (3) hours minimum to include travel time to and from the birth location and at least one (1) hour of labor and birth support.

For postpartum follow-up services:

- Appointments are one (1) hour minimum.
- Postpartum follow-up services are designed to check in with mother and baby following birth, to discuss the labor and birth experience, answer any questions that may have arisen, and to facilitate referrals for additional postpartum services as needed.

Additional Services



A La Carte Services: \$35/hr (unless otherwise listed)

In addition to my birth support services, I also offer the following services for an additional fee:

- Placenta Encapsulation: Packages Starting at \$99
- Childbirth Education: In-Person or Virtual Available
Starting at \$100
- Birth Pool Rental: \$299; includes rental from ~36
weeks until birth
- Birth Certificate Affidavits: \$30/hr
- Belly Mapping: Private Session \$100

Additional Services



Get In Touch!

I am available for my clients 24/7 throughout their pregnancy by phone, text, or email. I ask that if the matter is not an urgent one, you contact me between the hours of 9 AM - 5 PM. In the event of a medical emergency, CALL 911 FIRST, then notify your care provider, and finally myself of the situation.

- Phone/Text: (208) 215-5265
- Email: matrupremabirthdoula@gmail.com
- Website: www.matrupremabirthdoula.com
- Facebook: <https://www.facebook.com/matrupremabirth/>
- Instagram: @matrupremabirth

Contact Information