

The Elgin Doula

BIRTH, EDUCATION, & LACTATION

Lexi Zuo, CD(DONA), LCCE, & CLC

WWW.ELGINDOULA.COM

LOOK BOOK



Meet Your Doula

Lexi Zuo aka The Elgin Doula

Welcome!! My name is Lexi Zuo. I got my start in birth work 13 years ago while living in East Africa. It's an honor to now serve expectant parents in Elgin and the surrounding NW Chicago suburbs.

I am DONA-certified birth doula, Lamaze-certified childbirth educator, and ALPP- certified lactation counselor (CLC). I am also the host of the top weekly podcast, Happy High-Risk Pregnancy!

My main speciality is supporting high-risk pregnancies and hospital births. I also have extensive experience supporting clients with previous losses, past birth trauma, twins/multiples, VBACs, inductions, unmedicated births, c-sections, birth center births, and home births.

You absolutely need birth education, professional labor support, and evidence-based information. But you also need someone to encourage you, hold your hand, and give you a warm smile during your hardest moments ahead.

As a mother of five, I totally get it! I've been there. And I am passionate about providing my Elgin Doula Moms with so much more than just pregnancy and birth support. I believe in providing that deep relational encouragement you need as you do the incredible work of welcoming your new baby!

It would be an honor to join you on this journey! I can't wait to meet you, Mama!

~Lexi Zuo

CD(DONA), LCCE, & CLC

STARBUCKS ORDER

Iced Chai Latte

FAVORITE SHOW

The Office

FUN FACT

I LOVE thunderstorms!!



The Elgin Doula Experience

The expert pregnancy, birth & postpartum support you need paired with the warm encouragement you want as you prepare to welcome your new baby!

What's included?

- Complimentary consultation to see if we're a great fit
- Custom prenatal visits for each trimester
- Prenatal workbook... 38 pages of education & guidance
- Access to ALL my online pregnancy & birth courses
- Text, phone, & email support your entire pregnancy
- Debriefing as needed after your prenatal visits, ultrasounds, non-stress tests, or any early hospital stays
- UNLIMITED emotional & physical support on your BIRTH day
- Birth photography with 40-50 edited images & full printing rights
- Assistance with skin-to-skin, baby's first feed & your immediate postpartum adjustment
- Ongoing text, phone, & email support postpartum
- Access to the Elgin Doula Moms Facebook community
- 2 lactation consultations within your first 2 weeks postpartum
- Additional postpartum visit at 4-6 weeks to ensure you are healing properly & adjusting well emotionally
- Plus a few extra special surprises & events!

Investment Guide

PACKAGE	DESCRIPTION	INVESTMENT
The Elgin Doula Experience	<p>Everything you need to welcome your new baby into the world & get off to a great start postpartum... plus beautiful photos of your BIRTH day!</p> <p>**Customizable for high-risk pregnancies.</p> <p><i>Required Retainer: \$800-1600</i></p>	\$3200
Additional Services	<p>Virtual Doula Support</p> <p><i>Everything included in my normal doula package except in-person birth support & photography</i></p>	\$1600
	<p>1:1 Consultations (1 hour)</p> <p><i>*included in doula package</i></p>	\$150

Acceptable payment methods include Zelle, PayPal, all major credit cards, HSA/FSA funds, and customized payment plans (after the initial retainer fee). Also able to provide a superbill for possible insurance reimbursement.

What Other Elgin Doula Moms Have Said...



I struggle to find the words to express how grateful we are for Lexi and her role in our pregnancy and birth experience. We hired Lexi very early in our pregnancy (at about 7 weeks) and it was the best decision we could have made! During our actual labor and birth, Lexi helped us feel empowered to make the best decisions for me and our baby. She worked so well with the nurses and doctors. I truly do feel like I have a lifelong friend in Lexi. -Maggie K

Lexi is the best! She made my VBAC dreams come true! I would have had such a different experience without her and her knowledge. I felt I could relax more before the birth knowing I would have her with me. Having Lexi walk us through this journey reduced my anxiety and helped me finally have a positive birth story. I will never go through pregnancy/birth without her. -Bekah W



If you're thinking about hiring Lexi, do it! It was the best decision my husband and I made. Lexi is so knowledgeable, supportive, and caring. She walks with you every step of the way during pregnancy, birth, and postpartum. Lexi LOVES being a doula and that passion overflows into the care and education she provides. Bottom line is if you're looking for a doula, look no further! You'll not only have a great doula, but you'll also find a forever friend. -Chelsea B

THE ELGIN DOULA

Take the Next Step



July 2023 Babies, Bumps & BBQ Party for All Past & Current Elgin Doula Moms!

BOOK A COMPLEMENTARY CONSULTATION

Think you might want to become an Elgin Doula Mom? I accept a limited number of clients per year and work hard to make sure we're a great fit!

Let's get to know each other with a complimentary consultation. I can't wait to meet you, Mama!



ELGINDOULA@GMAIL.COM



WWW.ELGINDOULA.COM



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

Contact Information

Contact

Phone (224)-659-3922

Email elgindoula@gmail.com

Web www.elgindoula.com

Hours of Operation

Tuesday-Saturday

1 p.m. to 8 p.m. CST

On-call 24/7 for all current clients

SCHEDULE A COMPLIMENTARY CONSULTATION

The next step is to schedule a complimentary consultation. This will give us time to discuss your individual pregnancy and birth needs plus answer any major questions. After that, your custom proposal will be sent to you and we can decide if we'd like to move forward working together!

BIRTH AVAILABILITY

I accept only 1 in-person birth client per month and currently book out about 7-8 months in advance. For the foreseeable future, I am also only attending births within a 20-30 min radius of Elgin. For distance clients, I accept 1 virtual doula client per month.

RESERVE YOUR DUE DATE EARLY

Elgin Doula Mom spots go quickly! I LOVE providing high-quality, individualized support to a smaller amount of clients each year. Set up an interview today and let's get to know each other!!

PAYMENT

Acceptable payment methods include Zelle, PayPal, all major credit cards, HSA/FSA funds, and customized payment plans (after the initial retainer fee). I am also able to provide a superbill for possible insurance reimbursement.