

Mallory Emerson Birth Services

malloryemerson.com

@MalloryEmersonBirth

*Compassionate, evidence-based
preparation and support for your
birth and parenting journey*

Mallory is a professional working with new families as an educator, birth doula and volunteer PEPS leader. Mallory's pronouns are she/her.



She is certified by Lamaze International and Great Starts as a childbirth educator and has additional training as a Full Spectrum Doula and Passion for Birth instructor.

Mallory believes every family deserves respectful and fully-informed support during the childbearing year and is passionate about helping pregnant people and their families.

She is originally from Central New York and currently lives in Woodinville with her two kids, husband and dog.



Childbirth A La Carte

Build a childbirth class that is exactly what you need it to be!



Select the bundles you want to know about and I'll build a class package designed for you!

Bundled Topics Include:

Breathing & Relaxation

Late Pregnancy & How Labor Starts

Labor Progress, Positions & Comfort Techniques

2nd Stage of Labor (Pushing)

Hospital Toolbox

Cesarean Birth

Birth Plans

The First Two Weeks

Breast/Chestfeeding

Newborn Care

- Bundles priced based on length/time
- Minimum package is \$200 (~5 hrs)
- Invoiced in 15 minute increments
- Purchase 6 or more bundles and receive Newborn Care free (\$100 savings)
- Doula clients receive 20% off any private class package
- Travel fee applies outside of standard travel area
- Some content can be covered virtually over Zoom or Skype (discount available!)

Submit a request for your own personalized class at malloryemerson.com

Contact me to discuss your specific needs!

Pre-Built Packages

The Basics

You want to learn how labor works and what to expect at the hospital

Coping Boost

You don't feel your childbirth class gave you enough practice, you have given birth before, or you're hoping for an intervention-free birth

Team Builder

You want to focus on partner support for labor and birth

Childbirth & Chill

You want to focus on creating a relaxed environment, understanding the interplay of hormones, and filling your toolbox with a wide variety of coping tools

High Tech, Low Stress

You are preparing for a planned induction, cesarean birth, or more medicalized birth process

Baby Focus

You are comfortable with your knowledge about birth, you are adopting, or you want to give extra attention to a post-arrival plan for taking care of baby and yourself

I don't know what I don't know!

You don't know where to start and want everything I've got to throw at you!