



March 19, 2020

Dear clients, students, coworkers and friends:

Hello! I wanted to take a quick moment to reassure you and your loved ones, that I have not traveled outside the country nor have I hosted any visitors from other countries in the past year.

I have implemented best practices to keep my clients, and my own family safe during this epidemic of the Corona (COVID-19) virus and other ailments. I am continuing to follow the proper guidelines issued by the CDC and other reputable medical sources.

Going forward for the foreseeable future, my interviews, prenatal, and postpartum visits, will be done virtually through video chats or over the phone in order to keep my upcoming birthing and postpartum families safe.

All my childbirth classes (including newborn care) are now available as live, interactive, online classes; at a discount price in order to support as many families as possible. Ask your insurance companies about reimbursement for these classes. If you have already registered and paid for a class I will be in touch very soon.

For my Birth clients: I am in constant contact with all area hospitals and centers to keep updated on their policies. There are a variety of restrictions as each hospital is unique with their policies, and I will continue to stay updated and also keep my clients updated. I know some have already reached out to me: yes, I am current on my certification status through DONA if your place of birth is requiring that of their permitted doulas. If I am not allowed in your hospital due to COVID-19 Restrictions/Precautions, I will be available to you 100% for virtual support via: phone, text, email and/or video chat. We will discuss this more if this becomes likely.

For my Postpartum clients: I take every precaution to remain healthy and will continue to do so. I am currently still serving my Postpartum clients and will continue to do so unless something changes. **If you or a family member or someone who has visited you is unwell with ANY illness**, please let me know so that I can reschedule with you. There will be no charge for rescheduling our time together. If I am unwell, I will also cancel and reschedule at a later date with you. I will keep strict hand washing and other health guidelines, for the safety of your family and mine.

Please do not hesitate to reach out if you have any further questions or concerns: 410-790-7303.

Best,  
Becky  
Updated 3/19/2020