

Mother Wit Maternity provides virtual midwifery support for preconception, pregnancy, and postpartum to mothers across the country and abroad. Get access to one-on-one, personalized education, and resources from the comfort of home.



## GET IN TOUCH

### PHONE

(917) 310-0573

### EMAIL

[tanya@motherwitmaternity.com](mailto:tanya@motherwitmaternity.com)

### WEBSITE

[www.motherwitmaternity.com](http://www.motherwitmaternity.com)



“IT IS INCREDIBLY HELPFUL TO HAVE SOMEONE TO REACH OUT TO AT ALL TIMES, GUILT-FREE, ABOUT ANY AND ALL ISSUES RELATED TO PREGNANCY AND POSTPARTUM. – SHAINA H.



## MOTHER WIT MATERNITY

& CONSULTING SERVICES, LLC

## ABOUT

Mother Wit's mission is to provide wellness services that promote optimal pregnancy outcomes, safe and satisfying birth experiences, and ease the transition into motherhood. It is founded, owned, and operated by Tanya Tringali, who has worked as a doula, labor and delivery nurse, and midwife, catching over 1,200 babies. She has also provided comprehensive postpartum care to more than 80 new mothers. Tanya is an adjunct professor at NYU and Georgetown, a CrossFit Level 1 Coach, a NASM-certified personal trainer, and a Pregnancy and Postpartum Athleticism Coach.



Use one of the following discount codes at checkout:

- KIM75 for Initial Consultation (\$75 instead of \$99)
- KIMMonthly for \$15 off EVERY month of a Comprehensive Care subscription (free consults available to anyone considering this option)
- ReturnVisit20 for 20% off all return visits

Tanya and Kim collaborate whenever we have a shared client!

### INITIAL CONSULTATION (\$99)

- 60-minute session
- Review of current situation/problem
- Detailed needs assessment
- Individualized recommendations
- Personalized resources and education
- Referrals to specialist as needed

### FOLLOW-UP (\$60)

- 30-minute session
- Ongoing needs assessment
- Personalized resources and education
- Referrals to specialists as needed

Need help choosing the option that's best for you? Email [tanya@motherwitmaternity.com](mailto:tanya@motherwitmaternity.com)  
Book services at [www.motherwitmaternity.com](http://www.motherwitmaternity.com)

### COMPREHENSIVE CARE (\$190/MONTH)

- Detailed intake
- Two virtual sessions/month
- Daily texting/asynchronous video chat (Marco Polo)
- Partner participation and support
- Peer support
- Personalized resources & guidance
- Referrals to specialists as needed
- Return to fitness (assessment and guidance)
- Access to Thriving After Birth

### TEXTING-ONLY (\$100/MONTH)

- Unlimited text messaging with Tanya during 12-hour window
- 15% discount on all follow-up virtual consultations
- Access to Thriving After Birth
- Personalized education, resources, and support