



The Empowered Package

£450



This option is for women and families who want clarity and confidence without feeling overwhelmed.

It's for you if you have questions, worries, or decisions ahead and want a calm, experienced voice to help you make sense of it all.

Includes:

- ✓ Two 1-hour antenatal calls to talk through pregnancy, choices, fears, and plans
- ✓ One 1-hour birth planning session around 36 weeks
- ✓ On-call virtual support from 38 weeks until your baby arrives
- ✓ WhatsApp support (9am–6pm)



This package is about feeling informed, supported, and reassured, without information overload.



The Cradled Package

£550



More support, more contact, more holding space.

This option is for women and families who want ongoing in depth support and education through pregnancy and some time afterwards to process their birth experience.

Includes:

- ✓ Three 1-hour antenatal calls
- ✓ One 1-hour birth planning session around 36 weeks
- ✓ On-call virtual support from 38 weeks until your baby arrives
- ✓ WhatsApp support (9am–6pm)
- ✓ A postnatal debrief session



This package offers continuity and emotional support, helping you feel held before and after birth.



The Village Package

£750



This is my most comprehensive virtual support package.

It's for those who want a village around them, consistent support, and someone walking alongside them from pregnancy to after birth.

Includes:

- ✓ Five 1-hour antenatal calls
- ✓ One 1-hour birth planning session around 36 weeks
- ✓ On-call virtual support from 38 weeks until your baby arrives
- ✓ WhatsApp support (9am–6pm)
- ✓ Full access to digital resources, template letters, and birth rights guidance
- ✓ A postnatal debrief session



This package is about not doing this alone, having space to talk things through fully, and knowing support is there when you need it.



All virtual packages include experienced, compassionate support tailored to you.
I am here to empower you with knowledge, choices and calm support every step of the way.

