

| SUPPORT INCLUDED             | CONTINUITY OF SUPPORT PACKAGE<br>£2200   | THE BIRTH PRESENCE PACKAGE<br>£1200   | CAESAREAN COMPANION<br>£450                               |
|------------------------------|--|---|---|
| BEST SUITED FOR              | Women and families wanting full emotional holding, education and advocacy throughout the whole pregnancy, birth and postnatal journey.<br><br>You will have continuity of care from the time of booking, access to me every day between 9-9 to ask questions | For families who want calm, grounded support during labour and birth, without extended antenatal involvement.<br>or<br>Last minute support when there is no time to build a relationship. | Planned caesarean births support                          |
| TYPE OF SUPPORT              | Full wraparound antenatal, birth & postnatal continuity  | Focused labour & birth support  | Planned caesarean support only                            |
| ANTENATAL SESSIONS           | 3 x 2-3 hour antenatal sessions in your home<br>Unlimited video call sessions from time of booking<br>1-2 hour birth planning session in person or virtual, you choose   | 1 x 1-hour online birth planning session  | 1 x 1 hour online birth preparation session               |
| ACCESS TO RESOURCES          | Access to my Google Drive - This includes over 100+ resources covering pregnancy, your rights, health, birth, template letters and guides + links to the most up to date research & data   | No  | No  |
| BIRTH PLANNING               | Yes, in depth, across many sessions  | Yes (online, around 36 weeks)   | Yes (caesarean-specific)                                  |
| ON-CALL SUPPORT              | 14 days before due date to week 42   | 10 days before due date to 42 weeks   | 5 days before planned surgery                             |
| IN-PERSON BIRTH SUPPORT      | Continuous labour & birth support for as long as you need me.<br>I join you in your chosen place through labour and remain with you even if the place of birth changes   | Continuous labour & birth support for as long as you need me.<br>I join you in your chosen place through labour and remain with you even if the place of birth changes                    | Support before, during & after surgery                    |
| EMOTIONAL SUPPORT & ADVOCACY | Yes, throughout pregnancy from booking, during labour & birth & the immediate hours after birth + 4 weeks after birth  | Yes, throughout labour & birth & the immediate hours after birth  | Yes, before, during & after surgery + 2 weeks postnatally |
| CONTINUITY OF CARE           | Yes, throughout pregnancy from booking, during labour & birth & the immediate hours after birth + 4 weeks after birth  | Labour & birth-focused  | Surgery-focused   |