

SUPPORT INCLUDED

COMPLETE DOULA EXPERIENCE £2,500

BIRTH SPACE SUPPORT £1,800

CAESAREAN SUPPORT £700

BEST SUITED FOR

Families wanting deep continuity, ongoing support & full birth preparation. This package includes more time & education

Families wanting support mainly during labour & birth

Families planning a gentle, supported caesarean birth.

ANTENATAL SUPPORT

4 x 2-3hr in-depth in-person sessions
Approx. 8-12+ hours together from booking

2 x 1hr online birth prep calls

1 optional online birth planning call around 36 weeks

WHATSAPP & VIDEO CALLS

Unlimited support 9am-6pm from booking to 4 weeks after the birth

Unlimited support 9am-6pm from 28 weeks to birth

Not included

BIRTH PLANNING

Full personalised birth planning discussions through pregnancy & PDF plan

Birth preferences discussion during antenatal session

Optional Preferences & theatre prep call

BIRTH POOL HIRE

Pool hire, set-up, kit & pump. Worth £150 (pool liner & hose not included)

Available as an add-on £100

Not included

ON-CALL PERIOD

On-call from 14 days before EDD

On-call from 10 days before EDD

Not included

LABOUR & BIRTH SUPPORT

Advocacy & support throughout labour & birth for up to 24 hrs

Advocacy & support throughout labour & birth for up to 24 hrs

Continuous advocacy support before & during surgery

RESOURCE LIBRARY

Access to my pregnancy, birth & advocacy resources, incl books, PDF's, templates & Google Drive

Not included

Not included

CONTINUITY OF CARE

Built around deep relationship & continuity throughout pregnancy

Focused primarily on labour & birth support

Focused support around your caesarean experience

POSTNATAL VISIT

1 x 2 hour home visit

Not included

Not included