



Your  
birth story

# Doula Intro pack

Is a doula right for us?

Written by Nicole Bryan, Doula, Hypnobirthing &  
Antenatal Coach and mum of 2

[www.your-birth-story.com](http://www.your-birth-story.com)

# Contents

- 1 WELCOME POWERFUL WOMEN
- 2 MY STORY, MY VALUES
- 3 TRANSFORMATIONS
- 4 3 PILLAR OF DOULA SUPPORT
- 5 SYMBIOTIC RELATIONSHIP WITH BIRTH TEAM
- 6 BIRTH DOULA PACKAGES
- 7 POSTNATAL DOULA PACKAGES
- 8 BOOKING PROCESS
- 9 MY ACCREDITATION AND CPD



# Welcome

*For the woman who  
knows there's more to  
birth than you have been  
told*

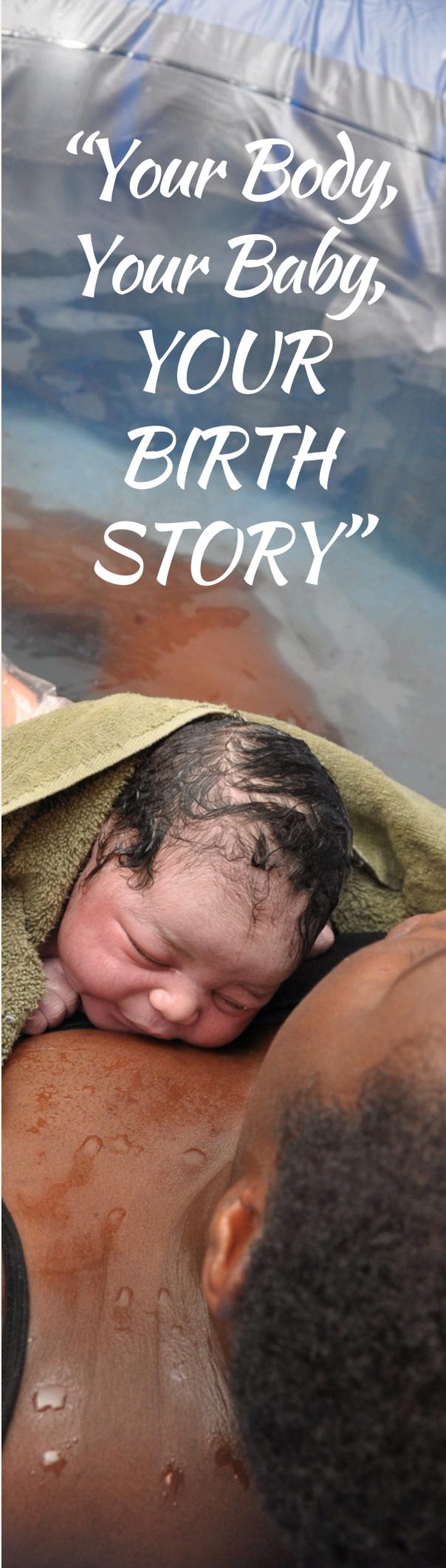
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Congratulations. What an incredible journey you're on. If you are here, you might be feeling a mix of excitement, curiosity, and maybe even a little overwhelm. You know birth is more than a date in your diary or a series of medical appointments. You sense that the moment you bring your baby into the world deserves to feel powerful, calm, and deeply supported and that the standard care from NHS is not enough for you.

You want more. More for you, and more for your baby.

That's where I come in. As your doula, I help bridge the gap between what's often offered and what's truly possible. I'll bring evidence-based knowledge, hands-on tools, and unwavering emotional support so you and your partner can feel clear, confident, and safe. Together, we'll cut through the noise, plan for the unexpected, and create space for you to trust your body and your instincts.

Birth is not just about getting through it, it's about creating a story you'll carry for the rest of your life. If you're ready to step into your strength and meet your baby with calm and confidence, I'd love to guide you there.



*“Your Body,  
Your Baby,  
YOUR  
BIRTH  
STORY”*

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# About Me

## *My story and my philosophy*

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Hi, I'm Nicole, a doula, hypnobirthing and antenatal coach, and mum of two.

My path into birthwork began with my own transformative experience. When my first son was born in 2019, I discovered how powerful preparation, mindset, and support can be.

I started my pregnancy journey like most, thinking "How is that getting out of there!!". With some luck based purely on location and ease, I started a Hypnobirthing class thinking that this hippy nonsense wasn't really my bag..... BUT in the end it was Hypnobirthing tools and a trusted birth team helped me surrender to the process while feeling completely in control. That experience changed everything for me, I decided to leave my corporate wine industry career and Launch Your Birth Story.

My work began with antenatal education and workshops across Berkshire and Hampshire, but it deepened when I supported a close friend through IVF and a high-risk pregnancy with triplets. It was there I saw how much conflicting information and pressure families face – and how vital it is to have someone steady, knowledgeable, and wholly on your side.



I often say: I'm not here to "help" you give birth. That may sound surprising, but here's why: birth is not something that needs to be fixed or managed. It's a physiological process as natural and involuntary as your breath or your heart beating.

Your body and baby already know what to do. What often gets in the way is not your ability, but your environment. Bright lights, constant interruptions, unfamiliar language, feeling observed or judged. Birth is a primal, mammalian process; safety, privacy, and calm are its allies.

My role as your doula is to walk beside you and protect that environment so your instincts can rise to the surface. I help remove distractions and reduce fear so your body can focus. That might mean:

My work is less about doing, more about allowing – allowing your body, your baby, and your instincts to take the lead.

# Transformations

Google  
Reviews ★★★★★ 46+( reviews)

I am the second highest reviewed Doula across Berkshire and deeply proud of the transformative experiences each of my clients has had in finding their power for birth

**alice baldock**  
2 reviews • 0 photos

★★★★★ 3 weeks ago **NEW**

We're so thankful we had Nicole as our doula. From the very beginning, she was kind, approachable, and incredibly supportive. She was always just a phone call or message away whenever we had questions or needed reassurance, and that made a huge difference for us.

When our birth plan changed, Nicole helped us stay calm and feel in control. She gave us clear, factual information without any pressure, which really helped us make the right decisions for our situation. Her support was steady and grounding, exactly what we needed during such an emotional time.

It meant so much to have someone in our corner who truly cared and made us feel heard. Nicole was an essential part of our birth experience and we're so grateful for everything she did. We wouldn't hesitate to recommend her to anyone looking for a supportive, knowledgeable, and down-to-earth doula.



**Maddie Forbes**  
8 reviews • 2 photos

★★★★★ 24 weeks ago

A few words come to mind when I think of Nicole. Amazing, powerful, caring, a fierce advocate and loving.

I first started seeing Nicole on a Saturday at pregnancy relaxation sessions. I soon decided to book onto her full hypnobirthing course and then subsequently my husband and I booked Nicole as our doula. And I can hand on heart say, all 3 of those decisions were probably the best we made during our pregnancy.

As a doula, Nicole was a guiding light for Rowan & I. She helped explain confusing medical jargon to us, and also reassured us that everything they were suggesting, we had a choice in - absolutely nothing was a given or set in stone.

I was initially planning a home birth, which I was really looking forward too and especially to have Nicole there with us to help us through it. Things took an unexpected turn, and we ended up with a semi-elective c section but because of all the training we had done with Nicole, the hours of conversations and phone calls, Rowan & I felt extremely empowered and informed in making the decision for a c section- despite it being different to our initial plan. The day of the c section, I spoke to Nicole at least 3 times on the phone, discussing all my options and what to expect. She was there to lend an ear and help us through an unexpected twist in the road.

**Natalie Greenstreet**  
Local Guide • 14 reviews • 0 photos

★★★★★ 8 weeks ago

5 stars isn't enough!!! I highly recommend Nicole. I attended her pregnancy relaxation classes, which were a wonderful way to unwind and connect with my baby in the final weeks of pregnancy. For anyone considering the Friday night class - just do it!! You can book a block or just drop in for a single session to try it out before committing—something that isn't always an option for antenatal classes locally.

Nicole also ran a pre-birth session for my husband and I which we both found hugely beneficial. It had an especially positive impact on my husband, who came away feeling genuinely prepared for the birth, armed with practical skills and techniques that made him feel like an active, impactful contributor, rather than an awkward bystander. I can confidently say the impact my husband had as birth partner was night and day difference between my first and second baby.

Nicole's calm, knowledgeable approach makes a real difference, and I'm so glad we chose to work with her.



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# *Pillars of my Doula Support*

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You already know birth is big – not just another appointment on your calendar. You're here because you want more than “good enough.” You want to walk into your birth feeling informed, calm, and powerful – and you want your partner to feel just as ready to stand strong beside you. That's where I come in. My role is to take all the noise, conflicting advice, and unknowns, and turn them into clarity and confidence. With me as your doula, you and your partner won't just hope for a positive experience – you'll prepare for it, together.

01

## *KNOWLEDGE THAT EMPOWERS, NOT OVERWHELMS*

As your doula, I'm here to ensure you and your partner feel confident, informed, and empowered at every stage of your journey. Pregnancy, birth, and postpartum come with so many choices, and it can feel overwhelming to navigate all the information out there. I'll help you cut through the noise by providing clear, evidence-based guidance tailored to your needs. Whether you're exploring birthing options, pain relief choices, or preparing for life with your newborn, I'll be by your side, offering the knowledge and support you need to make decisions that feel right for you.

02

## *EMOTIONAL STEADINESS WHEN IT MATTERS MOST*

Emotional support is at the heart of what I do as your doula. My goal is to be a constant, reassuring presence throughout your journey, offering encouragement and comfort when you need it most. Pregnancy and birth can bring up a mix of emotions, excitement, uncertainty, even self-doubt; but you don't have to navigate those feelings alone. I'm here to listen, to hold space for you, and to help you find confidence in your own strength. Feeling safe, supported, and cared for can have a profound impact on your birth experience and beyond.

03

## *HANDS-ON SUPPORT THAT TRANSFORMS YOUR EXPERIENCE*

During labour, my focus is your comfort, confidence, and flow. From biomechanics and positioning to massage, rebozo, and acupuncture, I'll help your body work as nature intended – easing discomfort, boosting progress, and creating an environment that feels safe and centred.

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# Evidence on Doulas

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Studies demonstrate that doula support is linked to better outcomes for both the birthing person and the baby. Research has shown that doula support during childbirth can reduce rates of medical interventions, improve mother-infant bonding, and increase breastfeeding rates. Here are some of the most current statistics available:

Outcome Measure	With Doula Support	Without Doula Support	Reference
Breastfeeding Initiation	88% of postnatal clients were breastfeeding at the final visit.	24% (National average)	Doula UK
Birth Satisfaction	Significant improvements in maternal satisfaction with the birth experience.	Lower satisfaction rates reported.	Cureus
Labor Duration	Associated with shorter labor times. Reduced by 41 minutes on average	Longer average labor duration.	Celia the Doula
Cesarean Section Rates	Lower incidence of C-sections among doula-supported births. 28% lower.	Higher C-section rates observed.	Cureus
Instrumental Deliveries	Reduced likelihood of instrumental deliveries. 40% less likely	Increased rates of instrumental deliveries.	Cureus
Epidural use	Linked to lower use of epidural. 9% lower	Higher rate of epidural use	Cureus

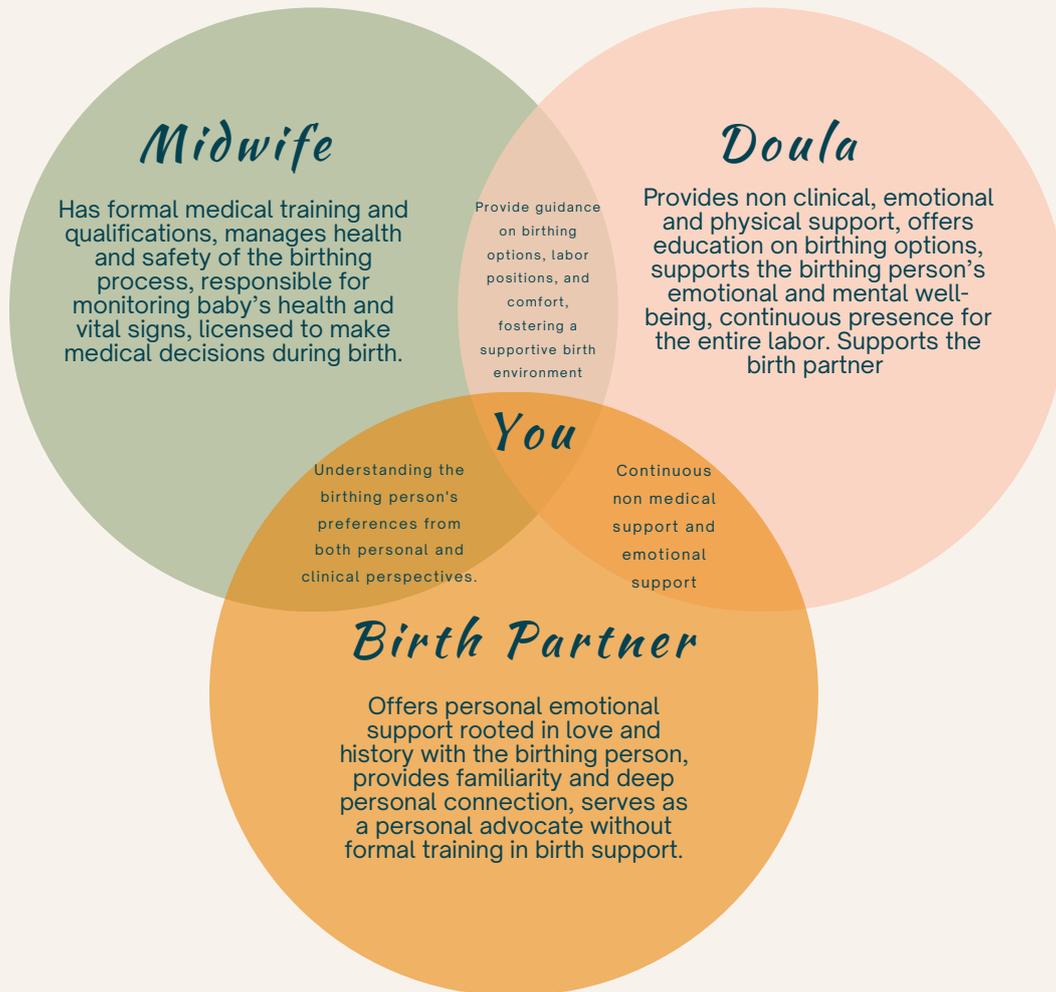
## WHAT IS THE EVIDENCE ON DOULAS?

There have been 26 randomised trials that tested the effects of continuous labour support on more than 15,000 people giving birth. Overall, people who receive continuous support are more likely to have a normal vaginal birth and less likely to have pain medication, negative feelings about childbirth, and caesareans.

In addition, their labours are shorter and their babies are less likely to have complications at birth or be admitted to a NICU. In these studies, the best results occurred when the continuous support was provided by a trained doula

# Symbiotic relationship

How Doulas, Birth Partners, and Midwives Work Together



Bringing a doula into the birthing team can create a collaborative atmosphere where each person's unique skills enhance the experience. Each team member fulfills a distinct role:

Doulas provide emotional and physical support that relieves stress, making the experience more positive. They advocate for the birthing person's wishes, providing comfort techniques such as breathing guidance, positioning, and massages.

Birth Partners provide emotional continuity and a sense of closeness and familiarity. Their presence often helps the birthing person feel secure, supported, and loved.

Midwives ensure that the birthing process is medically safe. They monitor the baby's and birthing person's health and respond to any medical complications.

In this synergy, the doula supports both the birthing person and birth partner, allowing the birth partner to focus on their connection with the birthing person. The midwife focuses on health and safety, while the doula keeps the environment calming and supportive, thus reducing anxiety.



Your  
birth story

# Birth Doula packages

I am focused on helping you have your best birth, with Antenatal preparation, labour support and postnatal care.

# Packages at a glance

	Birth team ready	Foundation	Mind & Body	Virtual
Full Antenatal Education	✓	✓	✓	
Full Hypnobirthing education	✓		✓	
Biomechanics and aromatherapy	✓	Option to book	✓	
Birth preferences session	✓	✓	✓	✓
Pregnancy relaxation and breathwork session	✓	Option to book	✓	
On call from 38-42 weeks		✓	✓	✓
Continuous support through labor and birth		✓	✓	✓
Postnatal session		✓	✓	✓
Unlimited communication from point of booking	Option to add on virtual package	✓	✓	From 38 weeks

## Choosing the right package for you

Finding the right support for your birth matters, and so does finding someone you **feel truly comfortable** with. Each package I offer is designed to meet families at different stages and with different needs, whether you're looking for **in-depth preparation, hands-on support**, or something in between.

Take your time exploring what's included, and tune into what feels like the **best fit** for you and your birth partner. But more than anything, the most important part of this decision is **connection**, that sense of ease and **trust** that lets you exhale and **feel held**.

The best way to know if we're the right match is to book in a free video call or meet for a local coffee. We'll chat through your hopes, your questions, and what kind of support would serve you best, no pressure, no obligation, just a chance to connect.

And if you're drawn to one of the packages but feel unsure about affordability, please don't let that be a barrier. I occasionally offer sliding scale or flexible payment options where I feel a strong pull to support a family. Let's have a conversation.

# Birth Doula Package's

## Birth Team Ready

6 session of 2.5 hours each, 15 hours £950

This course is perfect for families who don't need or want a birth doula – but do want their birth partner to feel prepared, confident, and deeply supportive as if a doula were present.

More than a standard private antenatal or hypnobirthing course. It's designed especially for families who value the kind of presence a doula brings, but want that presence to come from someone they love and trust.

### What We'll Cover Together

🌀 **Your Body, Your Birth:** Understand how your amazing body is designed to give birth. We'll explore birth physiology, biomechanics, and how movement and positioning can help your baby find their best path into the world.

👉 **Partner Support That Matters:** Your birth partner plays a powerful role. We'll explore ways they can offer steady, loving support – from physical techniques to emotional grounding.

🗣️ **Advocacy and navigating the NHS:** Learn the difference between what you expect from the NHS system and what you're most likely to experience. Understand the how, when and why of interventions and how to know if they are right for you. Plus your birth partner will learn key tools to advocate whilst maintaining a strong relationship

🧘♀️ **Hypnobirthing Tools That Actually Work:** Tap into the power of anchoring, cognitive reframing, self-hypnosis and deep relaxation to create a calm birth environment and reduce anxiety.

💛 **Letting Go of Fear :** We'll gently work through any worries or fears you're carrying – using simple, effective tools like guided visualisations to help clear the path for confidence and clarity.

🌿 **Massage & Essential Oils** Get hands-on with practical skills in light-touch massage and discover how to safely use essential oils to support relaxation, ease discomfort, and connect with your body and baby.

### What's Included

- 6 x fully personalised one-to-one sessions, tailored to your pregnancy, preferences, and any worries you might be holding
- A complete toolkit for labor and beyond, including:
- Breathing & relaxation practices
- 14 hypnobirthing scripts
- Biomechanics and positioning techniques
- Tailored essential oil mix for you to keep
- Ongoing support and check-ins as your birth approaches
- Personalised accupressure comb

# Birth Doula Package's

## Foundation Doula Support

Investment £2300

This package offers continuous, personalised support from the moment you book until well after your baby is in your arms. Whether this is your first baby or you're adding to your family, this support is designed to help you feel confident, informed, and fully held throughout your journey.

### What's Included

🗨️ **Let's Connect First** An initial Zoom or in-person chat (free of charge) so we can see if we're a good fit. No pressure, just a warm, open conversation about what you're looking for.

👩 **Antenatal Support** We'll meet for **two 2.5-hour antenatal sessions** to explore all aspects of labour and birth, from physiology and pain management to your rights, choices, and preferences. These sessions are all about building confidence, deepening knowledge, and making sure you feel ready and informed.

📝 **Creating Your Birth Preferences** Together, we'll spend time creating a birth plan that's completely individual to you; flexible, empowering, and aligned with your values.

🌸 **Aromatherapy or biomechanics Session** As your due date approaches, you'll have the option to book a calming, in-person session designed fine-tune any last details.\*

📞 **Ongoing Support from the Moment You Book** From the time you decide I'm your doula, I'm here for you. You'll have continuous emotional and informational support via phone or messaging, right through to six weeks postpartum.

📱 **On-Call for Your Birth** From **38-42 weeks**, I'll be on-call for you 24/7. That means whenever you need me, I'm just a message or call away, ready to support you through early labor at home and any transfer and everything in between.

👶 **Labour & Birth Support** I'll be by your side throughout your labor and birth, offering physical and emotional support, position suggestions, massage, calm encouragement, and a steady presence. I'll stay with you until you're settled after birth and your baby has had their first feed.

💛 **Postnatal Visit** Once you're home and beginning your journey as a parent, I'll visit for a **2-hour postnatal session**. We can reflect on your birth, offer feeding support, answer any early parenting questions, and talk through how you're feeling, emotionally and physically.

📱 **Continued Postnatal Support (Up to 6 Weeks)** I'll be available to check in, reassure, and support you as you navigate newborn life. Whether it's a question about feeding, sleep, recovery or simply a listening ear, I'm here.

# Birth Doula Package's

## Full mind body hypnobirthing Doula Support

Investment £2800

All the continuity and reassurance of the foundation birth doula package, with the added calm and confidence of full hypnobirthing support.

This package is ideal if you're looking for comprehensive doula care with dedicated time to explore and integrate hypnobirthing tools. You'll receive everything included in the Foundation Package, plus in-depth hypnobirthing education and an extra pregnancy relaxation session to nurture both your body and your nervous system as you prepare for birth.

What's Included **in addition** to the foundation package

 **Two x Hypnobirthing Sessions:** These dedicated sessions will guide you through:

- The science behind hypnobirthing and why it works
- How to use breath, language, and visualisation to stay calm and centred
- Tools for your birth partner to feel confident and involved
- Scripts, affirmations, and relaxation techniques you can use before and during labour

You'll receive handouts, a tailored aromatherapy blend, MP3s, and personalised resources so you can practise at home between sessions.

 **Pregnancy Relaxation Session:** As your due date approaches, you'll receive a deeply restorative session that includes Aromatherapy, guided breathwork and biomechanics support. A moment to pause, rest, and reconnect with your body and baby. Or if you prefer, I will accompany you to a meeting if you need the extra advocacy or emotional support

**Longer more supportive postnatal visit:** A whole extra hour to use as you wish, we can dive deeper into answering your questions, enjoy an aromatherapy based healing session or take a well deserved nap whilst i look after your baby and/or older children

# Birth Doula Package's

## Virtual Doula Support

Investment £280 from 38 weeks until baby is born

### Expert doula care and connection – no matter where you are in the UK.

Virtual Doula Support offers flexible, personalised guidance and reassurance delivered online. This is a great "add-on" to the Support Birth prep course or you can book it as a standalone package, either way, I bring compassionate, professional support right to your home, wherever you are.

### What's Included

**📺 Ongoing Virtual Support:** Connect with me via Zoom, phone, or messaging from 38 weeks until 6 weeks postpartum. I'm here to answer questions, offer reassurance, and help you navigate your pregnancy, labour, and early parenthood with calm and confidence.

**👉 A Perfect Add-On:** If you've chosen the Supported Birth course, virtual doula care enhances your preparation by offering real-time guidance during labour and birth, from early labour through postpartum, even when I can't be there in person.

**🌍 Available UK-Wide:** No matter where you live, virtual doula support brings continuity and connection. It's an ideal choice if you want professional support but prefer or need it delivered remotely.

**📞 Labour & Birth Support Online:** When labour begins, I'll be "on call" 24/7 to support you and your birth partner via phone or video. Together, we'll navigate the journey, offering comfort techniques, encouragement, and guidance, all from wherever you are.

**👶 Postnatal Care:** After your baby arrives, virtual support continues for up to six weeks, helping you build confidence with feeding, recovery, and early parenting.

### 💡 Why Choose Virtual Doula Support?

- A flexible way to receive professional, continuous doula care from anywhere in the UK
- Perfect complement to your birth partner's preparation – providing expert backup and guidance
- Supports families choosing home birth, hospital birth, or birthing wherever feels safest
- A reassuring, accessible option for families balancing distance, health concerns, or busy lives

# The Process to booking birth Doula

## Connect

1

Book a free, no obligation video call or coffee for us to chat, get to know each other and see if we are a good fit. The best way to pick your Doula is to ask yourself, "is this the person I want to see when I am in labor?".

## Confirm dates

2

Confirm your "on call" dates and antenatal sessions with me. I come to you for each session and aim to be as flexible as possible on timings. From point of booking, you have me in your pocket. No question or concern is too small, ping me a message and I will get back to you ASAP

## Labor and Birth Support

3

Keep me in the loop through any early labor signs and call me any time of day or night when you want me in person to support. I will be with you within 2 hours of calling. I will support you and your birth partner throughout labor, birth and stay until at least the first feed, and you are settled

## Postnatal visit

4

I will come back and visit on day 2-5 to offer a birth reflection session, offer any baby feeding advice and healing advice for you. If you would like to continue to work with me postnatally, this is a good time to book that in.





# Postnatal Doula packages

nurturing not just your baby, but you, your partner, and the transition into parenthood, with care that continues even after our time together.

# Postnatal Doula

## How I support

As your postnatal doula, I'm here to walk alongside you during the early weeks and months after birth—whether that's for a few hours, a few weeks, or a more extended period. My support is tailored to your family's unique rhythm, gradually stepping back as your confidence grows. Even after our time together, know that I'm just a phone call away.

I hold a deep belief in honouring the 'fourth trimester'—those first three months after birth—as a sacred time of transition. It's a period for you to rest, heal, and bond with your baby, supported by a nurturing environment. Whether you're welcoming your first child or your fifth, this phase is profound and deserves compassionate care.

Unlike a nanny or maternity nurse, my role encompasses the entire family's well-being. I focus on ensuring the birthing person feels nourished, rested, and heard. From assisting with newborn care and sibling adjustment to providing a listening ear for your thoughts and concerns, I'm here to support you holistically.

Your journey into parenthood is unique and powerful. I'm here to support you every step of the way.

All packages include a private Whatsapp group for easy communication - a safe space to ask questions, share thoughts and stay connected throughout our time together and beyond.

5.0 ★★★★★ (32 reviews) ⓘ

Reply to reviews Get more reviews

All Replied Unreplied

**Katherine Lauder**  
3 reviews · 0 photos ⓘ

★★★★★ 1 week ago **NEW**

We called on Nicole's support when having a challenging time after coming home from hospital after having our baby. We had a difficult birth and my recovery has been hard. Having Nicole has made such a difference; she proactively gave practical help with baby related things around the house, offered valuable advice and insights on the baby and our transition to parents, and looked after me and made me feel cared for during a vulnerable time. Would absolutely recommend her to anyone.

Reply

5.0 ★★★★★ (32 reviews) ⓘ

Reply to reviews Get more reviews

All Replied Unreplied

**Anna Leach**  
6 reviews · 2 photos ⓘ

★★★★★ 2 weeks ago **NEW**

I cannot recommend Nicole more, she seems to know exactly what you need even when you don't know yourself. She supported my breastfeeding triplets journey, fed and watered me, helped me put barriers in place with visitors, gave me strategies and tools to stay happy and sane, prepped for me, sterilised for me, did night feeds with me, and generally cared for me like no one else. She is so knowledgeable, but humble in her knowledge. She will know instinctively how you want to parent and help you be the best you can be in any moment... joyful or stressful. I love her dearly x

# Postnatal Doula Package

## Postnatal Planning 3 hours £120

A gentle, three-hour session held in your home or my cosy homebirth space, designed to explore the often-unspoken parts of pregnancy and postnatal life.

Using the RECOVER framework, we'll create a personalised postnatal plan focused on rest, emotional wellbeing, boundaries, nutrition, and relationship support.

We can also cover newborn care basics—like feeding, bathing, and settling—tailored to your needs and questions.

R – Rest and physical recovery

E – Emotional resilience

C – Cat naps (because sleep looks different now)

O – Organising life with a newborn

V – Visitors, boundaries, and protecting your space

E – Eating well for you and your baby

R – Relationship dynamics and communication

## Postnatal Nurture package 12 hours: £480

This package is carefully designed for those who want to feel nurtured and held in the tender days and weeks that follow birth.

What's included: ✨ 12 hours of postnatal support – to be used in a way that works for you

Your postnatal hours are flexible. You might choose to: – Spend 3 hours antenatally on postnatal planning, with 12 hours saved for after birth – Or hold on to all 15 hours for those early postnatal days

Postnatal Support Once baby arrives, I'll be by your side—whether it's helping you settle into feeding, holding space for your emotions, preparing nourishing food, or simply offering calm company while you rest. However it looks, this is time just for you, to be nurtured as you nurture.

## Birth and Beyond support package: 20 hours : £740

A comprehensive blend of birth preparation and nurturing postnatal care

This package is thoughtfully designed for those who want to feel grounded and prepared for birth—and also have steady, loving support in place for the tender days and weeks that follow.

Together, we'll create space to explore your hopes for birth, build confidence, and plan for a supported postnatal experience that honours your unique journey into parenthood.

What's included:

- ✦ 5 hours of antenatal birth preparation
- ✦ 15 hours of postnatal support – to be used in a way that works for you

Your postnatal hours are flexible. You might choose to: – Spend 3 hours antenatally on postnatal planning, with 12 hours saved for after birth – Or hold on to all 15 hours for those early postnatal days

**Antenatal Preparation** In our time together, I'll gently guide you and your birth partner toward the birth you deserve. We'll explore your options, build a birth plan that reflects your values, and equip you both with the knowledge and tools to feel informed, calm, and empowered—whatever path your birth takes.

**Postnatal Support** Once baby arrives, I'll be by your side—whether it's helping you settle into feeding, holding space for your emotions, preparing nourishing food, or simply offering calm company while you rest. However it looks, this is time just for you, to be nurtured as you nurture.

## AdHoc Doula support: for when you need it most: £45per hour

Flexible, responsive care—just when you need it most.

There's no minimum booking and no deposit required. Whether you'd like just a few hours of support or more regular visits, we'll work together to find a rhythm that suits your needs.

My hourly rate includes travel within 20 miles of RG7 (please note: any parking charges would be additional, if applicable).

# The Process to booking postnatal Doula

## Connect

1

Book a free, no obligation video call or coffee for us to chat, get to know each other and see if we are a good fit. The best way to pick your Doula is to ask yourself, "is this the person I want to see when i feel most vulnerable?"

## Pencil in dates

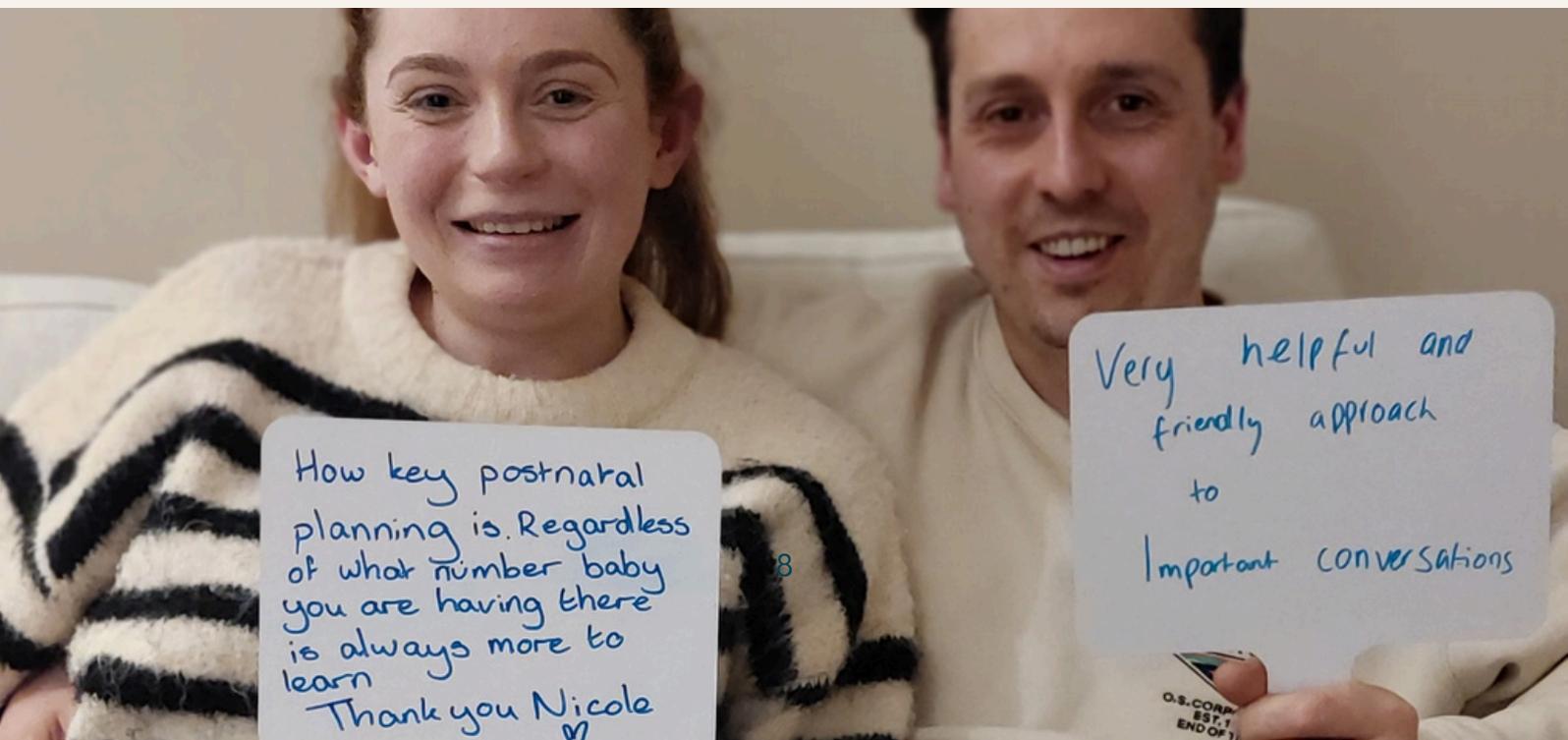
2

We will pencil in dates you would like my support, knowing that we don't know when baby will arrive we will remain flexible

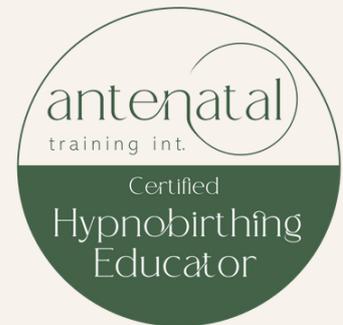
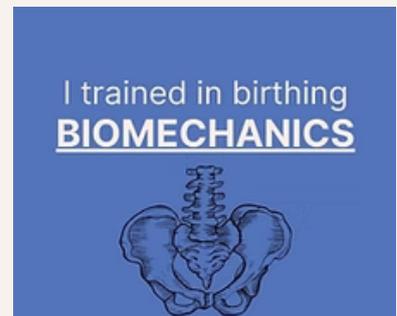
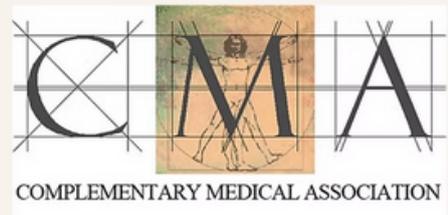
## Confirm dates

3

When your baby has arrived confirm the dates you would like me to support and I will be there. Hours can be booked in minimum blocks of 3 hours, max 5 hours, all within the first 6 months after babies birth



# Accreditation with the following courses and governing bodies





*“IF A DOULA WERE  
A DRUG, IT  
WOULD BE  
UNETHICAL NOT  
TO USE IT.”*