

Doula in your Pocket

Continuous Support Through Pregnancy

One of the most important roles of a doula involves being on hand to support you emotionally, practically, and through education during pregnancy, labour and in the first few weeks with your baby.

Having an experienced hypnobirthing coach and doula "in your pocket" - providing you with continuous support - can help you to utilise and really master all of the hypnobirthing techniques you have been learning in pregnancy, and in preparation for birth.

Research shows that women experience shorter labours, they are more likely to delivery vaginally, there is significant a reduction in medical intervention, and crucially, women are more likely to rate their birth experience as positive, when they have continuous support from a doula, with whom they have trusting relationship (Byrom & Downe 2019).

Below is an outline of what this **Doula in your Pocket Package** includes:

Antenatal Support:



You will receive:

- **Continuous Whatsapp Support** - you will have **Elise "in your pocket"** from your time of booking, until your baby is 6 weeks old! Imagine receiving perfectly timed, personalised check-ins that are like your own bespoke podcast tailored to exactly what YOU need to hear. Someone highly experienced in birth preparation and support, unscrambling things in realtime, signposting you the information or tools that are specific to YOUR journey in that moment. So much of the "magic" of doula support is really in the antenatal preparation, the continuity and the trust that is built together during pregnancy. This package ensures you are feeling really well supported, calm, ready and excited as your big day approaches, knowing if you have even the slightest wobble, I am here for you.
- **You will also receive to 2 x 75 minute personalised & private antenatal preparation sessions** on Zoom / in person covering any areas you would like extra support with, including, for example:
 - further birth preparation
 - writing your preferences
 - navigating appointments and the maternity system
 - continued mindset coaching
 - postnatal planning
 - antenatal breastfeeding education and preparation
 - additional and bespoke guided relaxations and support with recapping your hypnobirthing techniques (as learnt on the course)



You will also benefit from:

- Continuous support via whatsapp during pregnancy, labour and postnatally
- My guidance navigating the maternity system
- Having someone to help you prepare for appointments, or who you can debrief or offload to

During labour & birth:



- I can support you/your partner at the end of the phone throughout your labour journey
- When your labour begins, I will provide you and your partner with practical guidance (i.e. when to time surges, how to help you to feel comfortable, what you are looking for before transferring in, when to call your hospital...) and signpost information to you (if necessary) throughout your labour and birth
- I can support you/your partner with suggestions of practical comfort measures, massage, breathing and effective calming mindset techniques to ensure you feel safe, comfortable, supported and relaxed
- Please note that doulas do not give medical advice or make decisions for you, however I can signpost information to you and explain your options.

After your baby has been born:



- I can provide you with guidance around your baby's feeding, infant care and postpartum recovery
- After your birth, we will arrange a **1 hour Birth Debrief session** (in person / via phone) to talk through your labour, how it all went, and how you are feeling in the initial postnatal period
- You will have my continued whatsapp voice-note support until 6 weeks post birth!

Fees and next steps:

If this Doula in your Pocket sounds like the support you are looking for, please let Elise know and your booking form will be right with you!

The Fee for this package is £675

Service reserved exclusively for Birth Bubble clients

Please contact Elise to ask any questions or to check availability - **Email:** Elise@birthbubble.co

Tel: 07740901619