

birth bubble

Birth Doula

SERVICES



Birth Doula Packages
with Hypnobirthing Specialist
& Doula, Elise Tobias



Hello!

Thank you for requesting a copy of my birth doula services. As you will be using hypnobirthing during your pregnancy and labour, it is often a very natural fit to have your hypnobirthing coach as your doula, to help you and your partner to utilise all of the techniques you have been learning in pregnancy and in preparation for birth.

A doula provides you (and your partner) with continuity of care in your pregnancy, signposting information to you and to supporting you emotionally, physically and practically during your pregnancy, labour and in the first few weeks with your baby.

Research shows that women with a doula experience shorter labours, they are more likely to deliver vaginally, have a decreased likelihood of an assisted delivery, unplanned caesarean and are less likely to request analgesia (epidural). Women are also significantly 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).

If you like the sound of having doula support, please get in touch to arrange a time for us to discuss all the necessary details, before we would go ahead and confirm your booking. It would be my pleasure to support you at this very special time.

Elise x

Founder of Birth Bubble
Hypnobirthing Specialist & Doula in Residence at The Portland

Doula In Your Pocket

Bespoke, Dedicated & On-Demand Support for Birth

The most important role of a doula involves supporting you emotionally, practically, and by signposting information during pregnancy - so that you are approaching your labour feeling ready, in control and full of trust.

Research shows that women being supported by a doula are significantly more likely to rate their birth experience as positive whilst also experiencing shorter labours and are more likely to deliver vaginally. There is also a decreased likelihood of having an assisted delivery, induction, unplanned caesarean and epidural request. (Byrom & Downe 2019).

In this package, you have access to Elise's support throughout pregnancy via bespoke and dedicated preparation, covering all topics in relation to your birth preparation & the initial postpartum period, to ensure you are feeling as ready as can be ahead of your baby's birth.

Below is an overview of everything covered & included:

BEFORE YOUR BABY ARRIVES, YOU WILL RECEIVE:



Continuous & Bespoke Support: you will have Elise "in your pocket" from your time of booking, until your baby is 4 weeks old. What this looks like? Think continuous check-ins tailored to exactly what you need with someone highly experienced in birth preparation and support, guiding you through your journey in realtime, signposting you the information or tools that are specific to you and your journey in that moment. So much of the "magic" of working with a doula is in the antenatal preparation, the continuity of support 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 benefit from continual guidance and tips with practicing your hypnobirthing techniques, so these are feeling natural and easy for you to use.



Personalised & Private Birth Preparation: you will also receive 3 hours of tailored birth preparation sessions (in person or via zoom) covering any areas you would like extra support with. Sessions also include enjoying comfort measures, guided relaxations, aromatherapy, breathing, & suggested movement to aid your comfort and your baby's position alongside calming and fear-releasing mindset techniques ensuring you're feeling comfortable, safe and relaxed.

DURING LABOUR:



When your labour begins, you or your partner can get in touch with me at any time. I can provide you with practical guidance (i.e. when to time contractions, how to help you to feel comfortable, what you are looking for before transferring in, when to call your hospital, etc) and signpost information to you (if necessary)



If you would like me to join you when you are in labour, you can request this and I will absolutely join you in person if I can. There is a supplemental fee for my attendance at your birth of £1,000 + travel.

IN THE POSTNATAL PERIOD:



You will receive continued Whatsapp voice-note support for 4 weeks post birth with relevant guidance for your postpartum recovery, feeding and infant care. We will also spend time debriefing your birth, talking through how you felt during the labour and following.

Fees & Next Steps

The Fee for this Doula in Your Pocket Package is £1,500

As per the above, should you wish for Elise to join you on the day of your labour, an additional £1,000 supplement will be invoiced to you following your birth.

This service is reserved exclusively for Birth Bubble clients
Please contact Elise to ask any questions or to check availability

Kind Words

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Elise is simply the best and I feel so incredibly lucky to have had her supporting me during my pregnancy with her "doula in your pocket" support. Her guidance, support, reassurance, signposting of information, along with her calm, gentle, kind and upbeat nature have been totally invaluable for me (and my husband) and has made us so excited for the birth of our baby. She is an absolute fountain of knowledge and wisdom and is a natural caregiver - she was made for this role. I am really so grateful to have found Elise, I recommend her to all my friends - every pregnant person needs Elise! Truly, thank you so much for EVERYTHING!

- JODIE LOFTUS, NUTRITIONIST

I can't thank you enough for making our birth the most wonderful experience which we shall treasure for the rest of our lives

- FELICITY JONES, ACTOR

[CLICK FOR REVIEWS](#)

Next Steps

Please email Elise with any questions, or book in a call below so that we can discuss your hopes for birth and to make sure I am the right fit for you!

Additional Services Available:

- Private & Group Hypnobirthing Courses in Whetstone and at The Portland
- Half Day Courses
- One-off Consultations
- Second Timer's Refresher Courses
- Preparing for a Calm Elective Cesarean Section Workshop

[SCHEDULE A CALL](#)

[LEARN MORE](#)

You can find out more on my website, social channels or by arranging a call.

Congratulations again on your pregnancy and it will be my pleasure to help you prepare for your labour and birth experience.

Elise



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