Love Birth

by

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DOULA SUPPORT & HYPNOBIRTHING

You're here because you want more from your birth and you know you need to find the right support to make that happen.

Scroll through to see my virtual & in person doula support packages for pregnancy, birth & post partum.



Contact Emma on emma.lovebirth@outlook.com if you have any questions or head back to the website to book in a free, no obligation 30 minute call.

www.lovebirth.co.uk

WHY HIRE A DOULA?

As your doula, I'm there for you and only you. To hold your hand, help you feel calm, remind you of your options, and make sure you feel supported every single step of the way.

Where ever you're planning to birth and whether your path is straight forward or has a few twists, you deserve someone in your corner. Someone who sees you, trusts you and never tells you what you "should" do.

With a doula, you'll approach birth with:

- A calm, constant presence beside you the whole way, there when you need me for practical or emotional support
- Practical comfort to keep you steady, from positions and massage, to a hand hold
- Someone to speak up for you if you and your birth partner are focussed on you and your baby
- Reassurance when you need it most, so you both feel supported every step of the way

If any of these sound familiar, then a doula might be the right choice for you:

- You know you want more for your support than the NHS can offer you
- You feel anxious about your birth and want to feel more informed and confident
- You want continuous, familiar support from someone who knows you and your wishes
- Your birth partner is nervous and would benefit from having support too
- You're planning a home birth, VBAC, or have a specific birth vision you want to protect
- You know the postnatal period will be full on and you'd love some practical, caring help
- You just want to know someone is there, whatever happens

I provide in person support in Burntwood, Lichfield, Rugeley, Cannock, Walsall, Tamworth, Sutton Coldfield, and nearby areas (generally within 45 minutes of Burntwood).

Virtually, I can support you no matter where you live or if you're local you can have a mix of both virtual and in person support.

WHAT DOES A DOULA DO?

A doula provides continuous, non-medical support throughout pregnancy, birth and the early postnatal period. My role is to walk alongside you, offering reassurance, information and practical support so that you feel informed, confident and supported every step of the way.

Pregnancy and birth can bring lots of questions, emotions and decisions. Rather than relying on endless internet searches and conflicting advice, you'll have access to reliable, evidence based information and a trusted person who can help you explore your options and make the choices that feel right for you and your family.

As your doula, I offer emotional support, a listening ear and a calm, non judgemental presence. Whether you need encouragement, reassurance, space to talk through concerns, or simply someone to sit quietly beside you, I will be there to support your individual needs.

During labour and birth, I provide practical comfort measures such as breathing techniques, position suggestions, massage, relaxation and creating a calm environment. My support extends to your birth partner too, helping them feel confident, included and able to support you in the ways that matter most.

Every birth is unique, and every family is different so my support is tailored to what you need. My aim is not to replace medical professionals, but to complement the care you receive by providing consistent, personalised support, helping you feel heard, respected and empowered throughout your journey.

You don't have to navigate pregnancy and birth alone. Together, we can create a positive and supported experience that feels right for you.

ANTENATAL PACKAGES

A doula in your pocket through pregnancy and the first couple of weeks postpartum. For support in between antenatal sessions and in the lead up to birth, so you have a reliable source of information and support at your fingertips.

This package includes:

- 8 hours of in person or virtual antenatal sessions - this is the full hypnobirthing & antenatal course to ensure you're feeling confident for birth with lots of tools and techniques to use during pregnancy and labour
- Access to an online client area full of resources included (hypnobirthing handbook, relaxation MP3s, templates etc.)
- Continuous phone and message support from the start of the antenatal sessions to 2 weeks after birth (replies between 9am-5pm)
- This package does not include on call support for labour

Price: £450

VIRTUAL BIRTH PACKAGES

All of the benefits of continuity of care before, during, and after your birth but without an extra person in your space.

This package includes:

- 4 hours of virtual antenatal sessions these can be used to discuss your options, antenatal education, hypnobirthing, tools and techniques to use during labour and postpartum planning
- WhatsApp support from 28 weeks to 6 weeks after birth via message and voice notes (replies between 9am-5pm)
- On-call availability 24/7 from 10 days before due date to 42 weeks
- Continuous virtual support during labour and birth for as long as you need me
- Immediate postpartum support for 1–2 hours after birth
- 1 hour virtual postnatal session within the first 6 weeks for a birth debrief, feeding support or for anything else you want to chat about!

Price: £850
Upgrade to full hypnobirthing and antenatal package (+4 hours) for additional fee.

In Person Birth Packages

In person support through every stage of the journey. Continuity of care providing you with reassurance and evidence based information so you and your partner feel supported every step of the way.

	Essential package	Full package	Ultimate package
Antenatal sessions	4 hours	8 hours	10 hours
Ongoing support	WhatsApp support **from 28 weeks until 2 weeks after birth**	WhatsApp support **from booking until 2 weeks after birth**	WhatsApp support **from booking until 6 weeks after birth**
On call	1 week before due date to 42 weeks	10 days before due date to 42 weeks	10 days before due date to 42 weeks
Postnatal support	None	2 hours	8 hours
Cost	**£1,800**	**£2.200**	**£2,600**

All packages include access to an online client resource area with helpful handbooks, templates, hypnobirthing MP3s, reccommendations and more.

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POSTNATAL PACKAGES

Gentle, nurturing support to help you settle into life with your baby.

Welcoming a new baby is an exciting time but it can also be overwhelming and exhausting. As your postnatal doula, I will provide calm and compassionate support during those first weeks and months after birth - helping you and your family adjust with confidence. This is different for every family but it may look like emotional reassurance, practical help around the home, support with feeding or baby wearing or simply a listening ear. I'm here to nurture you, as you nurture your baby.

This package includes:

- 1 x virtual antenatal session (1 hour) to get to know each other and discuss your postnatal support
- A minimum of 10 hours of in-home support (booked in 2 or 2.5 hour blocks)
- Phone and message support in between visits, from birth to the end of our sessions.
- Postnatal support may be, but is not limited to:
  - A birth debrief
  - Emotional check-ins and a listening ear
  - Feeding support and newborn care guidance
  - Baby wearing support and use of my slings
  - Light household help (meals, laundry, holding baby while you rest/shower)
  - Signposting to local services if needed

Price: Starting at £400 for 10 hours (Additional hours can be added)

BIRTH POOL HIRE

Hassle free birth pool hire!

- Oasis Elite pool (168 cm x 137 cm x 71 cm)
- Free drop off & collection within 30 minutes of Burntwood - possible to arrange for additional fee if further afield
- 6 week hire from 37-43 weeks
- All accessories you'll need included: hose, tap adapters, liner, pump to inflate/deflate, pump to empty water, handheld mirror, sieve, thermometer
- Simple guidance for setting up/empyting

Price: £125



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