



Considering me as

your doula?





Message from @birth-hood

Hi, thank you for looking into doula support with me!

I'm Leanne, mum of two, (and a cocker spaniel, Ron) Doula, Hypnobirthing, Perinatal Yoga teacher and Birth Trauma Resolution practitioner, and obviously a birth nerd!

I offer 5 star rated personalised Doula services in Leicester, Leicestershire and surrounding areas! If you're with 20 miles, I have you covered with ease- though I travel happily up to an hour from my base! I Have been providing doula support since May 2022!

When you become pregnant, for the first, or the fifth time, your mindset changes instantly, as well as being excited, it can be overwhelming and full of uncertainty. The years of birth fear becomes a huge reality and you have no idea but to go with the flow?

How you feel is so important, it will impact how we birth and how we feel about it after. As your doula my job is to support fully but un-intrusively, I provide informational, practical and emotional reassurance throughout your journey, to help you have the most positive experience you can.

I adore being a doula, supporting you and your partner as you prepare for, and adjust to this new journey, is an honour I do not take lightly, as clients have said it is my 'calling' and I am so passionate about the care I provide to my clients and why my support is unequivocal.

I have created this little guide to help to answer any questions you might have and to share some of the packages I offer.

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Leanne xx

What does a doula do?

Doulas nurture and support the birthing woman/person throughout pregnancy, labour and birth. Their essential role is to provide continuous support to the family, no matter what decisions the mother/birthing person makes or how they give birth.

Some of the roles include:

Physical support is important because it helps the birthing person maintain a sense of control, comfort, and confidence. Aspects of physical support provided by a doula may include:

- Soothing with touch through the use of massage or counter pressure
- Helping to create a calm environment, like dimming lights and affirmations
- Assisting with water therapy (shower, tub)
- Applying warmth or cold
- Assisting the birthing person in walking to and from the bathroom
- Giving food, and drinks
- etc...

Informational support helps keep the birthing person and their partner informed about what's going on with the course of pregnancy & labour, as well as providing them with access to evidence-based information about birth options. Aspects of informational support include:

- Guiding the birthing person and their partner through labor
- Suggesting techniques such as breathing, relaxation techniques, movement, and positioning (positioning is important both with and without epidurals)
- Helping find evidence-based information about different options in pregnancy and childbirth
- Helping explain medical procedures before or as they occur
- Helping the partner understand what's going on with their loved one's labour (for example, interpreting the different sounds the birthing person makes)

Emotional support helps the birthing person feel cared for and feel a sense of pride and empowerment after birth. One of the doula's primary goals is to care for the mother's emotional health and enhance her ability to have positive birth memories (Gilland, 2010b). Doulas may provide the following types of emotional support to the birthing person and their partner:

- Continuous presence
- Reassurance
- Encouragement
- Praise
- Helping the birthing person see themselves or their situation more positively
- Keeping company
- Showing a caring attitude
- Accepting what the birthing person wants
- Helping the birthing person and partner work through fears and self-doubt
- Debriefing after the birth—listening to the mother with empathy

Advocacy helps the family feel heard when sometimes their views aren't being respected.

A doula doesn't speak on your behalf but will help to stand up for your preferences, respecting your wishes fully.

"If a doula were a drug, it would be unethical not to use it"

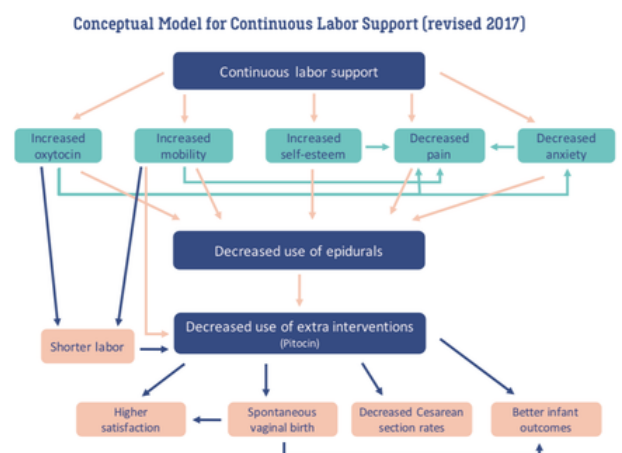
The benefits of hiring a doula

One of the truly beneficial roles of a doula is someone who is not emotionally attached to you, nor part of the establishment you're birthing in either, meaning I am fully on your side, able to support, advocate and keep emotionally stable throughout.

There are however proven benefits.

Researchers found that overall, people who have continuous support during childbirth experience a:

- 25% decrease in the risk of Cesarean; the largest effect was seen with a doula (39% decrease)*
- 8% increase in the likelihood of a spontaneous vaginal birth; the largest effect was seen with a doula (15% increase)*
- 10% decrease in the use of any medications for pain relief; the type of person providing continuous support did not make a difference
- Shorter labors by 41 minutes on average; there is no data on if the type of person providing continuous support makes a difference
- 38% decrease in the baby's risk of a low five minute Apgar score; there is no data on if the type of person providing continuous support makes a difference
- 31% decrease in the risk of being dissatisfied with the birth experience; mothers' risk of being dissatisfied with the birth experience was reduced with continuous support provided by a doula or someone in their social network (family or friend), but not hospital staff



What packages does birth-hood offer?

Ultimate Support £2000

Antenatal Support: 4 in-depth prenatal sessions (2-3 hours each) covering birth planning, comfort techniques, choosing where to birth, birth rights, modes of birth, birth partner roles, prenatal yoga/birth ball activities, emotional preparation, hypnobirthing, biomechanics, revisiting previous experiences, what to expect on the day etc.

*Birth Support: On-call 24/7 from 38 weeks, full in-person support during labour and birth, plus 3 hours post-birth care.

*Postnatal Care: 3 postnatal visits (2 hours each) for feeding support, newborn care, emotional debriefing, and light household help, postnatal recovery/yoga etc.

Extras: Unlimited phone/email support (including 12weeks postpartum support), Additional sessions according to your needs, including accompanying you to appointments or managing changes in circumstances and social time, signposting to resources and evidence based information a birth-hood doula gift bag, free birth pool hire, free TENS machine hire, personalised birth planning assistance, postpartum recovery tips, and a bespoke postpartum care kit, hypnobirthing booklet and digital access to all my online Hub resources.

*You can personalise how the sessions are used (before/after the birth), but you must have at least 2 antenatal and 1 postnatal session and the others can be used flexibly each side of your birth.

Balanced Support £1495

Antenatal Support: 2 prenatal sessions (2- 3 hours each) covering birth planning, comfort techniques, choosing where to birth, birth rights, modes of birth, birth partner roles, prenatal yoga/birth ball activities, emotional preparation, hypnobirthing, biomechanics, revisiting previous experiences, what to expect on the day etc

*Birth Support: On-call from 38 weeks, full in-person labour and birth support, and 2-hour post-birth assistance.

*Postnatal Care: 1 postnatal visit (2 hours) for breastfeeding support, newborn care, and emotional debriefing.

Extras: Ongoing phone/email support until 6 weeks postpartum, signposting to resources and evidence based information, a birth-hood doula gift bag, free birth pool hire, free TENS machine hire and digital access to my online hub and resources including hypnobirthing resources.

Foundation Support £1095

*Antenatal Support: 1 prenatal session (2 hours) to cover key birth preferences, pain management strategies, and partner involvement.

*Birth Support: On-call from 39 weeks, full in-person birth support, and 1 hour of post-birth assistance.

*Postnatal Care: 1 postnatal visit (90 minutes) for feeding support, newborn care basics, and emotional check-in.

Extras: Limited phone/email support for 2 weeks postpartum and access to a resource library, Optional birth pool hire (Additional cost), Virtual support via text/call/email between 9am-5pm (24/7 from 39 weeks)

(This is suitable for someone who needs some additional support in pregnancy and birth, or someone who's circumstances may have changed last minute)

What packages does birth-hood offer?

Postnatal Doula Packages:

10 hours: £250

20 hours: £400

This includes:

- A free initial consultation for you to get to know me and decide if you'd like me to support you and your family, this will also allow you to establish exactly what you would like from me as your postnatal doula
- Postnatal support distributed in a way that suits you** (each visit must be a minimum duration of 2 hours)
- Visits that are over a period of days, weeks or months after the birth depending on your need

*If you require any additional visits these will be charged at £30 per hour (minimum 2 hours per visit)

*Additional mileage will be charged at 45p/mile for distances over 10 miles

**Activities include: helping around the house, looking after baby while you (and her partner) nap, helping with older siblings, making meals (food provided by you), helping with dinner time or the school run, supporting your feeding choices, listening to you and your needs etc. etc...

Antenatal Doula Package:

From £600

This is your comprehensive birth education and confidence building pregnancy antenatal support.

Includes:

3 x private antenatal sessions (2 hours each)

Education on:

- how labour works
- pain coping strategies
- medical options and informed consent
- partner support during labour
- birth planning support (and so much more)

Email/WhatsApp/Phone support throughout pregnancy including after appointments (but not the birth)

Digital birth preparation resources including hypnobirthing resources

Post birth debrief

Virtual Doula Package:

£800

This service is similar to the foundation birth package, but will be virtual and not face to face, think about having doula in your pocket!

Includes:

- 2x virtual* antenatal sessions
- virtual doula contact throughout pregnancy (9-5 until on call) and during the birth
- postnatal debrief
- virtual support for 4 weeks post birth.

This includes full 24/7 text/call/email support (24/7 from 39 weeks).

You can also upgrade a Hypnobirthing package to include virtual doula support throughout pregnancy, following all antenatal appointments etc (not including the birth) as an Antenatal Package please contact for more info and to discuss.

**Price may vary depending on location, birthing needs and extra sessions needed.

**Additional mileage may be charged at 45p/mile depending on your location, and there may be an additional charge for extra sessions/appointments.

**Christmas due dates will also incur further charge.

**Additional hourly rate is £50/h

So, what do you get?

1

I will accompany you through the process of preparing for birth, and support you in labour and as you birth your baby, as well as postnatally.

I am not a medical professional, but I will work alongside them to support you, and your family throughout the perinatal period. I am emotionally attached to you, not part of the establishment you're birthing in either, meaning I am fully on your side, able to support, throughout.

2

Provide you unbiased, evidence based information to give you confidence in making your own choices, whatever they are. I will be there regardless of your place of birth, your type of birth and whether this is your first birth or your fourth.

3

Personable approach to my support, I like to get to know you and build really positive rapport so you feel super comfortable talking about anything!

4

5

Access to all Hypnobirthing resources, MP3's, parent handbook, birth plan, postnatal plan, printable affirmations and more.

6

Access to support group on Facebook and parent meet ups too! Plus early bird access to my other offerings!

AND so many extras including pre-recorded sessions on: breastfeeding support, baby wearing, baby massage, baby weaning– all included. Think about sport, you can do it anytime, but if you have the right equipment (water, fuels, technique, clothing etc) the results are better! We'd do that for sport, gym, work etc, so why not for birth?

FAQ's

What is the difference between a doula and a midwife?

While both doulas and midwives support during pregnancy and childbirth, their roles are distinct. Midwives are healthcare professionals who provide medical care and clinical tasks. Doulas, on the other hand, offer emotional, physical, and informational support but do not provide medical care.

Can a doula replace my partner?

A doula complements rather than replaces the partner's role. I can help the partner participate at their comfort level and provide them with tools to support the birthing person.

Can a doula help if i plan to have a caesarean birth?

Yes, a doula can provide valuable support during a caesarean birth, helping the you understand the procedure, providing emotional support, and assisting with initial breastfeeding and bonding after the baby is born.

Are doula's regulated and insured?

While there are no official regulations for doulas, I have valid Disclosure and Barring Service (DBS) checks and Public Liability and Indemnity insurance cover.

When should I hire a doula?

The earlier the better really! Typically, the beginning of your second trimester is a good time to have your doula secured by.

What training do doulas have?

I have undergone extensive training through recognised organisations and also have additional certifications or areas of specialty. (see my training below).

What happens if my doula cannot attend my birth?

I will have a bespoke backup plan in place in case I am unable to attend the birth due to illness, another birth, or unforeseen circumstances. This is all outlined in your contract.

Can a doula support breastfeeding?

I absolutely can provide guidance on establishing breastfeeding immediately after birth and support you in keeping your baby close during the first hours following birth.

Why Birth-hood?

Well if you read my reviews you can see why families have already chosen me to help with their birthing journey. I love my job! But here's a few more reasons....

1. Research and evidenced based knowledge specific to your needs and signposting to extra material too!
2. Personable support, I like to get to know you and build really positive rapport so you feel super comfortable talking about anything! We become birth besties! *cringe*
3. Someone who will advocate for you, if or when you need me to. You'll have me in your corner.
4. I am someone who has a huge support network of badass birth workers, so if there is something I don't know, I sure will do soon enough!
5. I am fully inclusive, and that means all births, all people!
6. If you are struggling to access support, due to finances, or are in a marginalised group, please contact me to see how I can support you!
7. You get all of my skillset at your disposal, hypnobirthing, trauma support, birth biomechanics and yoga
8. I offer thorough guidance and support as you transition into parenthood, so you kick that off positively.

Birth is the one day in your life you will remember, you deserve to have the best experience possible and I truly believe that investing will bring you SO much closer to the birth you deserve.

Leanne's Training:

Hypnobirthing- KGHypnobirthing 2019 DipHb

The Birth Uprising conversion 2020 (Hypno) & 2023 (Doula)

Doula- Badass Birth 2021

3 Step Rewind (Birth Trauma) - Ruth Olayinka 2021

LGBT+ Competency trained - The Queer Birth Club (AJ Silver) 2021

Advocacy training - Illy Morrison 2021

Birth Biomechanics - Molly O'Brien 2022

85hr Pregnancy/Postnatal Yoga teaching - Sally Parkes 2022





Client feedback

Beka, Matt and Jude – April 2023

From my first contact with Leanne we just clicked, she's proudly inclusive and has experience in a wide range of pregnancies and birth situations. She supported me through my concern about fibroids, and gave me some brilliant yoga positions to try when my SPD started. She kept in contact through my pregnancy and made me feel like I really had amazing support whenever I needed it. The prenatal sessions were so brilliant to run through my birth plans of a physiological homebirth. Leanne supported me every step of the way and made me feel so confident and excited for my homebirth (my midwives were excited she was my doula too, they love her!). As we got closer to my birth, Leanne kept in regular contact to check in, I felt really cared for 🥰 then the birth...well it all happened really, really fast but the minute Leanne arrived the mood shifted to totally calm – she suggested a more comfortable position for me that I loved and ended up birthing in. She made the room feel relaxing and I remember feeling so content when she arrived. My partner visibly relaxed when Leanne arrived too and was able to focus more on me. Unfortunately we had some very uneducated paramedics arrive (no medical reason) and Leanne supported my partner in dealing with the coercion they threw our way. She also helped to challenge when a midwife started touching me without my consent. She made sure I stayed hydrated and that I was warm and comfy throughout. Post birth she got me comfortable in bed and made me food (and made sure I ate!!) she supported a physiological third stage by reading my cues when I felt I needed to change position. She also helped with some latch issues and supported our undisturbed golden hour. It felt so natural having her there and I didn't want her to leave! Post natally, I felt really looked after by Leanne both in person & virtually. She helped with any concerns or worries I had, the support was fantastic! She's also built up a lovely birthhood family and we've met up since for walks with the babies – so valuable as a new mum! I can't recommend Leanne highly enough, she's a pro at end-to-end care and if you're reading this, book her!!!



Bea, Duane & Sam – December 2022

Just incredible! Leanne was amazing from the moment we booked her. She was always on hand for any questions and me and my husband loved our antenatal sessions with her and getting to know her, gaining knowledge. Postnatally she was excellent, always a message away and for our sessions. However, I couldn't have done the birth without her. She protected my birth space perfectly and advocated for me many times. She was especially helpful in times that my husband had to go to do other stuff (sorting older daughter out, making drinks, setting up the pool, going for a wee etc) and I always had Leanne there who I was fully 100% comfortable with. She reassured me in times where I wasn't sure about things and was my biggest cheerleader. She knew what was important to me in my birth and made sure I got that and always had that in her mind. My husband was sceptical when I first mentioned booking a doula, but was completely convinced after the birth, he knows how vital she was in our experience. She literally felt like home – that's the best way I can describe her doula service. And I have no doubt that without her, my birth would have been a very different experience. I would recommend Leanne as a doula to everyone! I honestly can't put in to words fully how incredible she was for us.

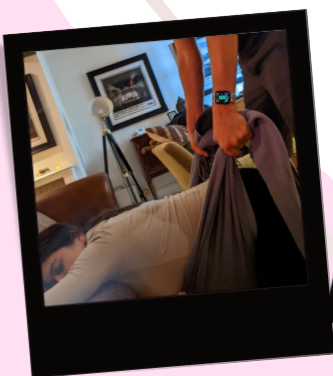
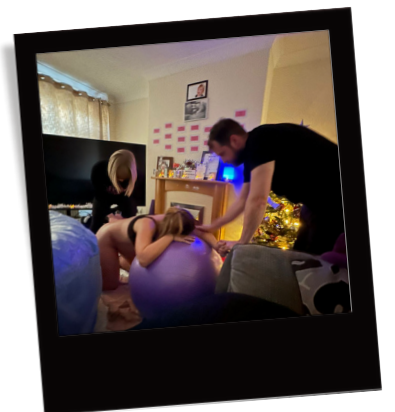


How do I book?

Head to: <https://calendly.com/birthhood/free-consultation> to book your FREE Consultation alternatively, give me an email or WhatsApp to confirm your booking if we've already met on Zoom!

I offer 5 star rated personalised Doula services in Leicester, Leicestershire and surrounding areas! If you're with 20 miles, I have you covered with ease- though I travel happily up to an hour from my base!

This is an investment, but we invest in our weddings, houses, baby 'stuff', why not our birth, we remember it for always, it completely changed my life. You deserve to invest in yourself.



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