



DOULA SERVICES

Poppy Child

Continuum Doula

DipHP Certified Hypnobirthing accredited by The
Royal College of Midwives



HELLO & WELCOME

I'm Poppy: mother, Doula and Certified Hypnobirthing Practitioner.

I would be honoured to support you during this transformational and important life event.


Here I outline my doula services and how I can help you.



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CHEMISTRY CALL

The first step is for us to speak over Zoom or in person if you'd prefer, this is a chance for us to get to know each other and for you to sense if I am the right person to support you on your journey.



SERVICES



OVERVIEW

Birth Preparation

Full Hypnobirthing & Antenatal Course (6 hours)

Full Birth Support

On call 24/7 for 2 weeks before and after your due date

Post Natal Support

1 x 2hr post natal visit





HYPNOBIRTHING

I will take you on an empowering journey that will leave you feeling prepared and confident to take on your birth experience. Hypnobirthing is about building a positive mindset towards birth through education and retraining the mind.

Over the 6-hours we will work closely together and I will give you practical and mindset tools to help you go into your birth experience fearless.



I am a first time mum to be, I was very
scared of giving birth but Poppy's
Hypbirthing Course has completely
changed my mindset and now I have no
fear at all.

Dinishu Pera

DOULA SUPPORT

During your birth I will be there to provide you with physical and emotional support. Words of affirmations, guided breathing and holding the space for you to work through the sensations of labour.

I am a firm believer that you instinctively know how to birth your baby, and that you'll tap into this energy and wisdom better if you are well supported. I will be there to provide a confident and assured presence and I'll bring you back to focus if and when fears come up.

I want you to know that I am wholly committed to ensuring that you have a positive birth experience, regardless of what happens, and I will be there for you every step of the way.

MY APPROACH

If you choose to work with me you will have
someone who is:

Passionate and devoted
Respectful and emotionally intelligent
Warm, caring and encouraging

You already know how to give birth and so my role
is to ensure you feel supported, heard and cared
for throughout your experience.



“My birth was positive, powerful and
life-changing. I will recommend your
work to the bitter end”

Alex Webber





POST NATAL VISIT

I will come and visit you during the post-natal period. We will have a birth reflection and de-brief and I will be there to support you with anything you need e.g. the first trip out with baby, breastfeeding and anything else you need support with.

WHY HAVE A DOULA?

Studies have shown that Doula's have a positive impact on the birthing experience. Support from a Doula decreases the overall cesarean rate by 50%, the length of labor by 25%, the use of oxytocin by 40%, and requests for an epidural by 60%.



TOTAL COST £1,700

NEXT STEPS:

- Arrange chemistry call
- Review & agree contract
- Schedule meeting dates & begin our journey together!



THANK YOU!

Poppy Child

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