

Comments from Previous Clients

From the moment I had hired Helen as my Doula, I felt calm and confident that my birth was going to be back under my control, and I was right. I had a wonderful experience.

Jenny, Long Itchington

Helen supported my every wish, helped me keep calm throughout my labour and supported my partner so he knew how best to help me. I cannot recommend her more.

Victoria, Warwick

Helen is very informed with up-to-date research, so I felt very empowered making the decisions I did. I got my homebirth because I knew it was safe and right for my baby and me. A wonderful memory of a wonderful birth. Thank you Helen for all your support throughout. *Marie, Kenilworth*

See website for more client comments...

www.mybirthmatters.co.uk

Did you know...

Research has shown that having a doula present at a birth;

- * Shortens first-time labour by an average of 2 hours
- * Decreases the chance of caesarean section by 50%
- * Decreases the need for pain medication
- * Helps fathers participate with confidence
- * Increases success in breastfeeding

Findings from "Mothering the Mother" Klaus, Kennell & Klaus, 1993



My Birth Matters

MY BIRTH MATTERS

www.mybirthmatters.co.uk

Old Timbers, Ivy Lane, Harbury,
Warwickshire. CV33 9HN

Phone: 01926 612068
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Email: Helen@cuthbertson.co.uk

Doula Services

Giving you confidence and support throughout pregnancy, birth and beyond.



My Birth Matters

Helen Cuthbertson

Tel: 01926 612068
Mobile: 07990 838845

What does a Doula do?

A doula believes in “mothering the mother” - enabling a woman to have the most satisfying and empowered time that she can during pregnancy, birth and the early days as a new mum. This type of support also helps the whole family to relax and enjoy the experience.

Birth doulas are trained and experienced in childbirth. They have a good knowledge and awareness of female physiology BUT the doula is not supporting the mother in a clinical role - that is the job of the midwife/medical staff.

The services offered by a doula vary greatly according to the needs of the mother-to-be/parents-to-be. A doula's role is flexible to fit in with the given situation e.g. the type of support will differ for a first time mum to that of a woman who has children already. Every birth is unique and therefore every woman's experience is also unique.

Before Childbirth I will meet with the mother (or couple) at least twice face to face, and then be available by phone or for additional meetings if necessary.

During Labour I offer help and suggestions on comfort measures such as breathing, relaxation, movement and positioning. I also encourage the father to participate in the birth to a level at which he feels comfortable. The doula's most important role is to provide nurturing, continuous support and reassurance.

After childbirth I follow up with a couple of postnatal visits to help the new mum settle at home with her new baby, or alternatively, the mother may decide to employ me as a postnatal doula for a period of 6 - 8 weeks.

Prices

BIRTH DOULA PACKAGE £400

This includes:

2-3 Antenatal Meetings of no less than 2 hours each. - This can include attending any antenatal appointments with you or any course you choose to attend where you feel you might want your Doula.

Unlimited support via the telephone and email. You will have my mobile number and therefore must feel you can contact me if you need support or further information. I am there for you!

On call for your birth from 37-42 (plus!) weeks.

Attending your birth for however long it takes.

2-3 Postnatal Visits. (with Antenatal and postnatal visits totalling a maximum of 5 visits - you choose where you would prefer to use them).

Additional meetings not covered by this agreement can be made at a charge of £26.50 per hour.

(Monthly payment of fees can be discussed if required)

ANTENATAL DOULA £150

This includes;

Three antenatal meetings at any point in your pregnancy of no less than 2 hours each where I can assist you to plan for the birth you want and support you with the latest evidence-based information through any obstacles you may come up against, and even attend antenatal apps with you if you so choose.

Unlimited support via the telephone and email. You will have my mobile number and therefore must feel you can contact me if you need support or further information. I am there for you!

Additional meetings not covered by this agreement can be made at a charge of £26.50 per hour.

POSTNATAL DOULA £10 AN HOUR (PLUS MILEAGE EXPENSE)

This includes support in many forms, be it assistance with breastfeeding or care of the newborn to mothering the mother!

About me

I am Helen Cuthbertson and I live in Harbury, South Warwickshire. I have had three children of my own with three very different births. My first child was born in Warwick hospital with an instrumental delivery, my second also in Warwick hospital was a natural birth, and then lastly I had a wonderful birth at home.

I have experience from a spell of midwifery training but found I could best support women through becoming a Doula. I have worked as a Doula since 2007 and have supported many women since, at roughly one new mum a month since I started. I also teach HypnoBirthing antenatal classes and run the NCT homebirth group at my home – please see www.mybirthmatters.co.uk for more info and for homebirth support group dates.

In my spare(!) time, I sit on the Warwick Hospital Maternity Services Liaison Committee to help improve the quality of service it delivers and also run a charity with my husband which provides tangible memories in Memory Boxes for parents and families who sadly lose their babies through genetic conditions, late miscarriages and stillbirths.

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