Me & My Doula

Woo! I'm pregnant! But...

I'm TERRIFIED of giving birth!!

I've no partner to support me on this journey

I don't like hospitals

Hi, I'm interested in hiring a doula for my birth. Can you help?

DOULA UK

I'd be honoured to support you along the way, as your doula.

INFO

I'm really scared about giving birth and doing this on my own in hospital...

This must be hard for you. Would you like to tell me about your fears? I'm here for you.

I feel better for talking, thank you.

How are you since we spoke? It sounds as though you may like to have your baby at home.

Here's some info about home birth.

MORE INFO

I'd like to have my baby at home.

You and your baby are doing really well so we are happy to book you in with our home birth team

EVEN MORE INFO

I feel FAT

You look GORGEOUS!

AND SOME MORE

I feel AMAZING, SPECIAL and STRONG!

I feel so much more empowered! I'd really like to talk about my birth preferences.

Sure! We can also talk about pain relief and positions for labour. Have you any thoughts?

YOU CAN NEVER HAVE ENOUGH

I think my waters have just broken. Can you come over? I'm going to have my baby!

Eat up, you'll need your strength. Then I'll run you a bath - the water will be really helpful.

Is the ball helping? Would you like me to continue rubbing your back here?

Mmmm

Breath, breath... You're doing such an amazing job... You'll meet your baby soon...

Ooooh... ...Aaaah

Drink a little and try to pee

Hmmm... ...Ummm

You're doing so well...

Here comes your baby...

Oh, you're amazing!

Oh WOW! I did it!!!

Mmm

He is such a beautiful baby and you did so, so well. Rest up and I'll pop by tomorrow.

My baby is so upset at the breast too.

I feel great and I loved the whole birth experience. But feeding is painful and traumatic.

How are you both? How are you feeling about the birth? Are you ok with breast feeding?

Let's check the latch...

Here's some details of a local breast feeding group.

POST NATAL INFO

I went to my local breast feeding group and they really helped me. We both feel so much better!