

MRS. OT

2023
PRICE LIST



Rolling Membership

£50 pcm

Mini Sessions

Breastfeeding

£50

Birth Plan

£50

Birth Debrief

£50

Family Planning

£50

Loss/Miscarriage Reflections

£35

Antenatal/Postnatal

**bundles available*

'The Best Pal'* Phone/Video Call

from £15

'The Wingwoman' Birth Partner Support

£35/50

'Face to Face'* In Person Visits

from £45

'The Yummy Mummy'* Postnatal Home Support

from £50

'Waddle & Talk'* Check In On The Move

from £30

Birth Support

Support Birth In Person

£580

Support Birth Remotely

£380

Other

'The Insta Mum'

£80

Online Classes/Webinars

from £0

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SERVICE LIST

Rolling Membership

£50_{pcm}

The rolling membership is just like having a little me in your pocket. It includes;

- Scheduled Monthly 30min phone catch ups to check in /discuss any appointments/queries.
- Direct line to message any concerns, questions or updates (at a time that suits you).
- Postnatal check-in to discuss birth experience and offer breastfeeding support.
- Unlimited Access to my online webinars/classes (when available).

Suitable during pregnancy and up to 3 months postpartum.

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SERVICE LIST

Mini Sessions

BREASTFEEDING

£50

My journey to birthkeeping (/doula work) all stemmed from my devotion to breastfeeding. I have spent the best part of recent years dedicating my time to the subject, supporting mummies remotely during the pandemic, and being by my clients side during those early postpartum days to provide reassurance and insight to successfully achieve their breastfeeding goals. I am currently tandem feeding my toddler and newborn, so can answer queries and offer guidance from a place of understanding and empathy. This one off session can be utilised to pick my brains, whether that's to: prepare for a new arrival; be with you in the early days; discuss/improve latch and positioning; bust myths and old wives tales; have a more positive experience than your last or just have someone by your side - there's no boob chat off limits!

Sessions last approx. 45mins to 1 hour. Sessions can be held remotely or in person (if local). Follow up email included to round up what was discussed, and I will always signpost or provide contacts if more specialised assistance is required. Please book in advance. If you are currently expecting and wish for support in the first few days of babys life, we will provisionally pencil in a few dates to ensure availability.

BIRTH PLAN

£50

Whilst in our routine antenatal appointments we often have a 'birth plan session', it rarely extends to more than a quick chat and a few tick boxes. 'Mrs. OT's POA' is an in-depth discussion to help you fully-understand-where-you-stand. It is a chance to run through all the different eventualities, to comprehend them fully, and store them in your memory bank to refer to, if and when required, when the time comes. No prep required - I ask all the questions, lead the discussions, provide evidence based reading material (if needed) and then (my fav bit) provide you with your very own .pdf birth plan to print / laminate/ frame (hehe) ahead of the big event!

Each session lasts around 1 hour and I will design and send over your personalised pdf as soon as possible, usually within 3-5 working days. If you require it more urgently please specify at time of booking to avoid disappointment.

BIRTH DEBRIEF

£50

We often find that life takes over once baby arrives and we don't allocate time to process our labour and birth experience. This session gives an opportunity to retrace those steps in a safe space with a goal of achieving acceptance, understanding and closure. I gently guide you through the session with moments for reflection, release and further exploration if required. The session ends with a short moment of meditation to reset and refocus.

Duration varies per individual but usually extends to just over an hour and each client also receives a follow up email where further information / signposting material is provided if discussed.

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Mini Sessions

FAMILY PLANNING

£50

...and I'm not talking about contraception! Life is hectic, and even more so after having a baby. I worked as a freelance PA for over a decade and had no idea how much being a professional diary juggler and being a parent had in common. This session is designed to either prepare or assist. In the case of couples, we may use it to pre-plan the different eventualities ahead of a baby's arrival. A 'pre-nup' of how you can work towards an equilibrium rather than arguing about who is more sleep deprived... or if baby is here, see what is and isn't working in the hope of alleviating any underlying resentment or lack of communication. For those rockstar solo parents we can create realistic schedules and a balance that can make the days feel lighter, and for those who need help with multiples we can put in place strategies that don't leave you seeing double, too! It's easy to let parenthood be all consuming, so if we can find moments to refind ourselves (in the form of true self care, me time and a social life) amidst the chaos, it can make tonnes of difference.

Duration varies per case but usually extends to just over an hour and each client/couple also receives a follow up email with a summary of what was discussed/suggested. I also re check-in to see how the plan is being instigated in reality and to suggest any tweaks/alterations if required.

LOSS/MISCARRIAGE REFLECTIONS

£35

The fact is, the taboo surrounding loss and miscarriage leaves many stories of little lives untold. I am also one of the 1 in 4 women whose pregnancies ended too soon, and I offer this session as a way of reflecting upon that immensely challenging time as an opportunity to recall and come to terms with what happened. For some it allows an opportunity to acknowledge a baby they don't get to speak about as much as they would like, for some it provides much needed closure before potentially considering future conception. Similiar in structure to a birth debrief I guide you through the session with moments for reflection, and emotional release. It concludes with a moment of meditation to refocus and reset.

Duration varies per individual but usually extends to around an hour. Please note that whilst often described as therapeutic this is *not* a therapy session. It is a guided reflection and should not replace help from a medical professional if it has been advised or you feel it is needed. I am happy to signpost to these if required.

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Antenatal/Postnatal

'THE BEST PAL' - Support over the phone/video call

This is one of my most popular services. It's simply a scheduled phone call (or video call) most often used for one off breastfeeding queries and guidance, to ask a question following an antenatal/postnatal appointment, or about motherhood/parenthood in general. I offer it in bundles too, so you can prebook on going support.

Call Duration ~30 mins.

1 Call - £15 5 Calls - £50
2 Calls - £25 10 Calls - £90

'THE WINGWOMAN' - Birth Partner Support Session

1-1 Support session for your birth partner (either in person/remote) to ease any apprehension before the birth, prepare them for what to expect and to teach them basic pain relief techniques / any hypno-birthing mantras you have in mind for your labour.

Session duration minimum 1h, allow time to run over.

Remote - £35
In Person - £50

'FACE TO FACE' - In Person Visits

One off / a bundle of home visits, for those who want extra in person sessions. The time is used to your requirements - can be to go through hospital appointments, revisit birth plans, pain relief or just for a general check in pre/post natal.

Minimum booking of 1.5 hours per visit. Must be within a specified catchment area for this service, unless otherwise agreed.

1 Visit (1.5h) - £45 6 hour bundle - £110
3 hour bundle - £60 9 hour bundle - £145

'THE YUMMY MUMMY' - Postnatal Home Support

Postnatal support at home which can include preparation of meals (which can be frozen) as well as pre-agreed household chores / playing with a sibling, while you bond with baby. Always delighted to cuddle baby at your request, too, allowing you to have some much deserved time to yourself - or, most commonly, a nap!

Minimum booking time of 2 hours per visit. Must be within a specified catchment area for this service unless otherwise agreed.

1 Visit (2h) - £50 6 hour bundle - £115
4 hour bundle - £85 8 hour bundle - £150

'WADDLE & TALK' - A catch up on the move

This option includes walk in the park dates (*available individually or in discounted bundles*), either before or after baby is born. Maybe to get that labour kick-started into action or for an arm to lean on when taking those first steps past the front door. You can also simultaneously utilise the time to receive support/advice.

Walk Duration 45-60 mins. Must be within catchment area.

1 Walk - £30 3 Walks - £70
2 Walks - £50 5 Walks - £100

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Birth Support

BIRTH SUPPORT - In Person

£580

This covers my on-call period of 4 + weeks (from week 38 of your pregnancy) and to attend your labour and birth in person, advocating on your behalf whilst providing you with full support and care until you are settled with baby.

Subject to availability at time of booking.

BIRTH SUPPORT - Remotely

£380

This covers my on-call period of 4 + weeks (from week 38 of your pregnancy) and to attend your labour and birth remotely, advocating on your behalf whilst providing you with virtual support and care until you are settled with baby.

Subject to availability at time of booking.

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Other

'THE INSTA MUM' - Maternity/Birth Photography

£80

So often mums are behind the camera and not in front of it. This is just a little bolt on to capture some memories of you with your bump, or newborn. If I am attending your birth it can also be used as a way of capturing photos during your labour and birth for those priceless memories. They are taken on an iPhone Pro camera, retouched and enhanced with my Mrs OT preset. Alternatively if you are looking for a professional studio photographer I know the greatest person so will put you in touch!

Session duration of 1 hour and includes online gallery for downloads.

ONLINE CLASSES/WEBINARS

from £0

From time to time I will run classes/webinars on a range of subjects on one of many accessible platforms such as Instagram Live / Zoom. These will either be free, pay what you can, or a low fixed price. Please sign up to my mailing list or follow my social media accounts to be kept in the loop with future events.



GIFT CARDS

Gift cards are available in multiples of £10 or you can gift a specific service.

All gift card requests should be sent to hello@mrsot.com

Vouchers are valid for 12 months from purchase and are non-refundable.