

Radical Rewild Birth & Beyond

Birth-Keeper Contract

Outlining the extent and boundaries of services

This document sets out the agreements and responsibilities between: Emma Gleave and _____.

Emma Gleave – Who am I?

I am an autonomous provider with 15 years professional experience of pregnancy, birth, postnatal and parenting beyond. I am set within a global tribe of wise-women and birth-keepers who have committed their lives to this ancient craft of being 'with woman' and supporting families throughout their transition to motherhood & parenthood.

Here are some of my key trainings and background which has informed and shaped the way that I practice:

- University Diploma in Antenatal Education - National Childbirth Trust / University of Bedfordshire - 2012
- Pregnancy Yoga Teacher Training - Uma Dinsmore-Tuli & Janine Hurley - Yoga Campus - 2013
- Hypno-Yoga for Birth Training - Janine Hurley - Yoga Campus 2015
- Baby & Toddler Yoga Teacher Training - Janine Hurley - Yoga Campus 2016
- Spinning Babies Aware Practitioner - 2014
- Red Tent Doula Training - 2022
- NLP for Birthworkers - Mark Harris Birthing Awareness
- Birthing from Within Pregnancy Massage (currently training)
- 3 Step Rewind Process for birth trauma - Mark Harris Birthing Awareness
- Babywearing Consultancy - School of Babywearing
- Breastfeeding Peer Supporter
- Trainee Steiner Early Years Level 3 Practitioner.
- Weeds and Wild Medicines - ongoing study with Edwina Hodgkinson Bsc Hons Medical Herbalist.

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Continued Professional Development / CPD

I am constantly learning from other professionals in my area and seeking out those from around the world with traditional wisdom and knowledge to be nurtured and spread.

- I usually pay for 2-4 new trainings courses, and/or conferences per year.
2024:
 - o Breech Skills Update
 - o Cycles of our lives - creating ritual to honour transitions.
 - o Wild Weeds and Medicines 10-month course.


- Some of my Previous CPD courses
 - o Babies in Mind - University of Warwickshire
 - o Birthing for Blokes - Mark Harris
 - o Red Tents and concept based courses - Alex Smith
 - o Birth Art birth preparation - Kate Gray
 - o Spinning babies training
 - o Reflex yoga - Veronika Pena
 - o Twins, Breech and other birth complications & risk factors - Deborah
 - o Obstetric Updates - Dot Parry Independent Midwife

- Journals I read:
 - o AIMS Journal (Association for Improvements in Midwifery Services)
 - o Midwifery today
 - o Kindling - Steiner Early Years Journal


- Podcasts I listen to:
 - o Sprogcast
 - o Midwives Cauldron

- Facebook Pages / Instagram Accounts I follow:
 - o Kemibirthjoy Johnson
 - o Homebirth UK
 - o Freebirth UK
 - o Birth-Ed
 - o

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- Ongoing Practices & self & care.
 - o Daily Meditation & Yoga Nidra Practice
 - o Maternal Journal art journaling
 - o Morning Pages / Creative Cats writing
 - o Weekly women's circle
 - o Weekly birth-workers circle

Regular Supervision & Coaching

Supervision is a process of professional learning and development that enables individuals to reflect on and develop their knowledge, skills, and competence, through agreed and regular support with another professional.

I pay another birth professional at least 1 hour per month to reflect on my ongoing practice and ways to continually develop.

My Services

Please note:

- I do **not** give medical advice nor do I undertake examinations or perform any other clinical task.
- I **cannot** make decisions for you.
- I **can** act as a spokesperson and advocate for you. **ONLY if** this has been clearly stated in your birth plan and communicated to health care professionals.

Antenatal Services


- Pregnancy Yoga & relaxation sessions
- Pregnancy Massage (currently in training)
- Babywearing preparation & practice sessions
- Antenatal Classes
- Breastfeeding Preparation
- Breech Baby Consultation
- Blessing-way Ceremony

- Advocacy


Postnatal Services

- Breastfeeding Support
- Babywearing & Sling Hire
- Sleep Support
- Postnatal Doula
- Birth Trauma Rewind Therapy
- Placenta Magic
- Closing the Bones

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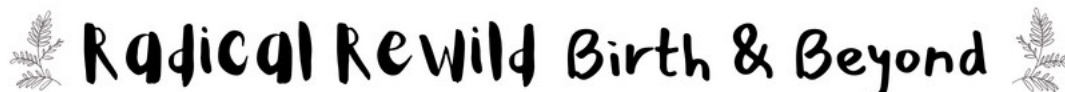


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Sample Birth Packages

<u>Budget Birthing Supporter Package</u>		
		Stand Alone Cost
<u>1 x 2 Hour - 1:1 Antenatal Session</u>	The purpose is to get to know each other and for me to understand your preferences and understand your birth preferences,	£125
Phone Support	I include a minimum of 1 hour of time for basic ongoing support via texts / WhatsApp / calls.	£40
On-call from 37 weeks - I aim to reach you within 2.5 hours of your initial call.	This is a flat rate for being on-call for as long as it takes for your baby to be born. Being on-call means that I cannot travel too far, and shape my whole life around being available for you for up to 5 weeks.	£350
Attendance at birth until your baby is born.	We will talk on the phone initially and I will stay with you from early labour until your baby is born - no matter how long, or where this happens - except in exceptional circumstances.	£1,080
<u>1 x 2-hour postnatal visit</u>	This will be an initial birth debrief session and general wellbeing check in. I can provide basic breastfeeding and babywearing support at this session and signpost to other useful services from me / others.	£125
	Total Value	£1,720
	<u>Actual Price</u> to purchase a basic birth support package	£950
	Saving	£770
	Additional hours billed at £60 per hour	
	5 instalments x £200	£1,000

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<u>Complete Birthing Support Package</u>		
<u>3 x 2 Hour - 1:1 Antenatal Sessions</u>	We can get to know each other much better and have time to try out some of the relaxation and coping techniques that you want to use during birth. One of our sessions needs to be a focussed birth preferences session - the others can be overlaid with any of the services I offer.	£375
3 Hours Phone Support	Often it feels helpful to have an ongoing relationship via whatsapp / phone / text. This package allows for <i>approximately</i> 3 hours of time as needed.	£180
	TENS Machine Hire	£40
	Helios Homeopathy Birth Kit Hire	£40
	Birth Pool Hire	£250
	Individual Prenatal Herbal Teas Package	£25
On-call from 37 weeks - I aim to reach you within 1.5 hours of your initial call.	This is a flat rate for being on-call for as long as it takes for your baby to be born. Being on-call means that I do not travel too far away, and shape my whole life around being available for you for up to 5 weeks.	£500
Attendance at your birthing until your baby is born.	We will talk on the phone or by message initially and I will come to you and stay with you from early labour until your baby is born - no matter how long, or where this happens - except in exceptional circumstances.	£1,080
<u>2 x 2 hour postnatal visit</u>	The first will be day 2-3 and is an initial birth debrief session on and general wellbeing check in. I can provide basic breastfeeding and babywearing support, signposting to other useful services from me / nhs / other providers.	£250
	Total Value	£2,550
	Actual Cost to purchase upfront as a birthing support package	£1,550
	Saving	£1,000
	Additional hours billed at £60 per hour	
	4 x Monthly Instalments of £400	£1,600
	5 x Monthly Instalments of £340	£1,700

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Deluxe Birthing & Postnatal Complete Support Package

<p><u>4 x 2 Hour - 1:1 Antenatal Sessions</u></p>	<p>Not only will you get a complete tailored antenatal preparation programme, but we will also be able get to know each other really well.</p> <p>The more we get to know each other, the more comfortable and relaxed you will be throughout the birthing process. Your partner and family will be included in the sessions as you & they wish!</p>	<p>£500</p>
<p><u>Blessingway Ceremony</u></p>	<p>An alternative to a baby shower - we discuss options, and you give me your invite list & date - I will do the rest. Organising the ceremony, hosting and holding the space so that you are surrounded by love and support, bringing your network of support close around you.</p>	<p>£500</p>
<p>3 Hours Phone Support</p>	<p>Having an ongoing relationship via whatsapp / phone / text will for emotional support and relationship building. This package allows for approximately 3 hours of time as needed.</p>	<p>£135</p>
<p>TENS Machine Hire</p>		<p>£50</p>
<p>Helios Homeopathy Birth Kit Hire</p>		<p>£40</p>
<p>Birth Pool Hire</p>		<p>£200</p>
<p>Individual Prenatal Herbal Teas Package</p>		<p>£25</p>
<p>On-call from 37 weeks - I aim to reach you within <u>1.5</u> hours of your initial call.</p>	<p>This is a flat rate for being on-call for as long as it takes for your baby to be born. Being on-call means that I won't travel too far away, and shape my whole life around being available for you for up to 5 weeks.</p>	<p>£500</p>
<p>Attendance at your birthing until your baby is born.</p>	<p>We will talk on the phone or by message initially and I will come to you and stay with you from early labour until your baby is born - no matter how long, or where this happens - except in exceptional circumstances.</p>	<p>£1,080</p>

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<u>30 Hours of Postnatal Support</u>	<p>I stay in my van close to your home to visit each day for 1-2 hours, as needed. Some days may be more, others less. Every day or 2 weekdays for the first 1-2 weeks 1-2 times per week up to 6 weeks as needed.</p> <p>I can provide practical and emotional support such as: breastfeeding and babywearing support, birth debrief, baby care support, providing nourishing meals, basic household tasks / light cleaning.</p>	£1,800
<u>Placenta Magic</u>	<p>Cord burning / cutting ceremony £150 Placenta Smoothie after birth £150 Placenta Encapsulation £300 Placenta Prints & Cord Memento £150</p>	
	Closing the bones ceremony	£250
	Total Value	£5,830
	Actual Cost for you today to purchase this package upfront as your birthing support package	£4,000
	Saving	£1,830
	Additional hours billed at £60 per hour	
	4 x Monthly Instalments of £1,050	£4,200
	6 x Monthly Instalments of £750	£4,500

My Responsibilities

- To provide services as described in the sample packages section, to the best of my ability within the scope of my experience and skills.
- I am not a medical professional and do not take clinical responsibility for you or your baby.
- During the 'on-call' period - from 37 weeks onwards I will let you know if I need to travel out of area for any reason. I can work with a back-up doula to ensure that you are still supported.
- Sometimes I may have dates booked prior to our contract and I will let you know these at the time of booking.
- If there are any family emergencies or other rare situations where I travel out of area, I will do my best to arrange cover and to keep you fully aware.

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- My role is to support you throughout the birth. I will always listen to you and your wishes, which may change as the labour and birth progresses. Each woman and each birth is individual. I can remind you of your preferences, but I am not here to guarantee a certain kind of birth, or to put pressure on you.
- I will build rapport with any other supporters in the birth space, to create a calm, loving, and conducive birthing environment.

Your Responsibilities

- To call me when you think labour is starting - day or night.
- To let me know about early signs of labour: such as a show, aches, pains, tightening's, waters leaking etc...
- Honesty:- about your pregnancy and early labour symptoms; any symptoms you are experiencing.
- To pay the agreed amount/s on time.


What if I do not make the birth?

- I will make every effort to provide the services described in this contract - arriving with you in accordance with the terms of the package - 1.5-2.5 hours from your call-out to me (by telephone).
- It may be that external circumstances happen (for example rapid labour or some travel problem).
- If failure to attend your birth is due to **my misjudgement or unavailability**, the birth attendance part of the contract will be deducted, unless my back-up doula attends the birth instead.
- But, if it is due to circumstances beyond anyone's control or mistake on your part (e.g. you call me too late or choose to keep vital information from me) the full fee applies.


Cancellations

- If you decide to cancel this contract less than six weeks before your due date, the full fee applies.
- Cancellations 6-12 weeks before the birth 50% is due.
- 12 weeks before birth - Full refund minus £200 cancellation fee.

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- I/We have read this contract describing our Birth-keeper's Doula's Services and agree that it reflects the discussions we had with her.
- I/We agree to the contents of this contract - any amendments to the birth package chosen been initialled.

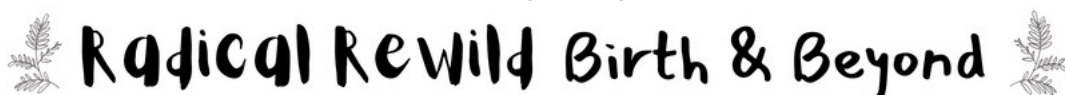
Our chosen package - please tick:

- Budget Birthing Supporter Package - £950 - £1,000
- Complete Birthing Supporter Package -£1,550 - £1,700
- Deluxe Birthing & Postnatal Support Package -£4,000 - £4,500

Additional services required – 15% Discount for advance bookings:	Cost

Today's Date		Baby's Due Date:	
Total Cost:		Payment dates:	1. ___/___/___ £ 2. ___/___/___ £ 3. ___/___/___ £ 4. ___/___/___ £ 5. ___/___/___ £
Any additional information:			
Mothers Name		Signature	Date:
Father / Partner		Signature	Date:
Birthkeeper / Doula	Emma Gleave	Signature	Date:

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