

1:1 Bespoke Birth Coaching

with

Linzi Watts 

Home Birth



- Home birth and hormones... why this combination is Queen and how to utilise this to create an optimal birthing environment.

- What do you need / not need when planning to birth at home?

- Birth Planning like a Queen - Knowing your rights, options and choices when birthing at home.

- Planning for a Transfer to hospital if you chose or is medically indicated.

- Exploring at home comfort measures and birthing positions that will compliment your labour as it progresses.

- The merging phases of labour - What they are, what your body is doing, how to recognise the changes and support labour as it unfolds.

- When to call the Midwife and understanding advocacy and how to ask questions in vulnerable situations.

- Breathing for Birth, Visualisations and Relaxation techniques.

- Preparing to feed your Baby, setting you up for success and normalising newborn behaviours so everyone is kept semi - sane!

- The Fourth Trimester - Why THIS time is GOLDEN! What to expect AFTER you've had a Baby and how to thrive as a family in this time.

- 1:1 Whatsapp voice messaging support between sessions and 2 weeks after.

**x3 - 2 hour Sessions
(6 hrs)
2 weeks 1:1 Voice Coaching**

If you want to change anything, add anything or have any further questions, just give me a call or text and we can chat it through.

Happy to discuss anything at all and really looking forward to being with you during this special and spectacular time.

Linzi Watts 

Energy Exchange:

£350 

One payment of £350

or

x2 Payments of £175

I can't wait to hear from you... Love Linzi xx