



## When plans change: Supporting a planned caesarean

Where a mother has booked us to support her at her birth the expectation is normally that she is planning a vaginal birth. When plans change, we will have already committed time to that client and will have turned down other work in order to accommodate the on-call period from 38 to 42 weeks of the pregnancy.

Sometimes the decision is made after the on-call period has commenced and sometimes before. In either case, we have a range of services we can offer besides a pro rata fee reduction.

We offer the Wise Hippo Confident Caesarean course, which combines hypnobirthing techniques and information about physical preparation and recovery. This is a course of three 2 hour sessions, usually via Zoom. It covers preparing for a caesarean, optimising the experience and relaxation techniques for before, during and afterwards which help with the healing process.

Some clients also choose to have their doula present in the hospital on the day of the planned caesarean to support the partner and help in the first hours of breastfeeding when mother's mobility is extremely limited.

While normally only one birth companion is allowed in the operating theatre, our experience tells us that there are a host of other tasks that need doing on that day from holding the baby close to mother's skin to fetching hot drinks and food. Having the doula present enables the couple to focus on enjoying their new baby.

We can also usually offer postnatal doula support hours in addition to the two postnatal visits in the original contract. As long as we aren't already booked by another client for postnatal support, this can work very well as it saves the client the trouble of hunting for a new person to support her late in the day.

In addition you can find a useful downloadable guide to having a caesarean on our website.

See the three examples on the following page to see how the options might work in some cases. Other options are available depending on the client's preference.

*Typical payment schedule is in instalments of £600 (this deposit is non-returnable), £400, £575 (plus expenses)*

Example 1.

Client books for Classic Doula contract and when she is at 38+5 she makes a late decision to have an elective caesarean. A doula attends on the day. She has four antenatal doula sessions and two postnatal sessions.

She receives a discount of £100 for part of the on-call period. (This discount is **not applicable** where the planned caesarean decision is taken after 40 weeks as the doulas will have turned down other work and arranged their schedules to accommodate the on-call period.)

Discount for one day attendance at planned caesarean instead of full birth attendance: -£375

*Non-returnable deposit £600*

*Second payment at 38 weeks £400*

*Third payment due within 2 weeks of birth £100*

Example 2

Mum decides to go for a caesarean before she is at 38 weeks.

She decides to take the Confident Caesarean Course via Zoom.

She doesn't have a doula present at the birth.

She has four antenatal sessions and two postnatal sessions.

The whole on call period is cancelled before commencement -£200

Birth fee reduced -£339

*Non-returnable deposit £600*

*Second payment due at 38 weeks is £236*

*Third payment due within 2 weeks after the birth is £200*

Example 3

Mum decides on a caesarean birth before she is at 38 weeks.

She takes the Confident Caesarean course.

She does not have a doula present at the birth.

She decides to swap all of the on-call and birth attendance part of the fee for 25 postnatal doula hours (equivalent to a typical week of doula support, 5 hours per session) in addition to the 2 standard postnatal visits. These hours may be taken any time in the first two months of the baby's life.

*Non-returnable deposit £600, second payment £400, third payment £575.*