



TESTIMONIALS

Read some beautiful memories and words from previous Maria the Doula clients





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Birth



Birth



"Maria was absolutely incredible throughout our pregnancy and birth. We met Maria during our NCT classes and following a disagreement with the hospital regarding our birth plan, we decided that we would like a doula to help us achieve a positive birth experience as we felt we weren't being listened to.

Maria's advice in the lead up to the birth and help with our birth plan was invaluable, making sure we were truly ready when the time came and that we were informed about all of our options.

From the moment my waters broke Maria was on standby and made sure we were ok. She talked us through every aspect of the labour process and ensured we maintained a calm atmosphere. When we arrived to the hospital, we were unable to go to MLU or have a water birth as desired due to a complication with our baby, but Maria was incredibly calm throughout the whole process, she helped us both, ensuring we had our voices heard by the medical team and asking questions we hadn't thought of. Maria made the birthing room a lovely, relaxing place (which was commented on by several members of staff!) and both my husband and I felt continuously cared for throughout my long labour.

Despite not being able to have the birth I wanted, we couldn't have asked for a better birth experience and felt empowered and well informed throughout, and we owe a huge amount of that to Maria.

Thank you so much". ❤️❤️❤️❤️❤️

Katie, James and baby Henry

Birth



Birth



“Maria was our doula for the birth of our first child, Max. She was wonderful. She has tonnes of experience as a nanny, knows everything about kids/babies and is super passionate about helping families through this important time. I loved our sessions ahead of birth, she made me feel much more prepared, supported and confident - we all laughed a lot. On the day, she arrived at the hospital, fast, at 3am (!) and made a big, positive difference to our birth experience. She made me feel calmer and she explained what was happening. Cheered me on. She took some great pictures after Max was born. In the weeks after the birth, she spent time sharing everything that happened at the hospital with me and I found this really cathartic and releasing. If you're hesitating about having a doula, or you're particularly nervous about birth I'd say hiring Maria is money well spent” :)

Gemma, John and baby Max

Birth



“Maria is caring, supportive and incredible knowledgeable, I'm so happy we had her support during my pregnancy and during birth. My first birth was a traumatic experience for me and I knew that I needed to feel more in control this time. Maria put my mind at ease by listening to my birth story and providing a lot of great resources, all evidence based, to help me decide on my birth preferences.”



"This helped me to regain confidence in myself and my ability to make my own choices. When complications during my pregnancy arose, Maria helped me stay calm and navigate the sometimes-confusing health care system, laying out all my options. And when I unexpectedly got hospitalised at the end of my pregnancy and had to be induced, again it was her support and guidance that kept me positive and ensured that I was in control and able to make the right decisions for me.

The actual birth was beautiful, healing and an empowering experience and I'm convinced that Maria's preparation and presence played a large role in that. Despite needing another induction, which wasn't part of my preferences, I was calm and collected and not scared. Despite not being able to be on the Midwife led unit, a big preference of mine, Maria made the birthing room on the consultant led ward beautifully calm and relaxing with fairy lights and aromatherapy. Her communication with my midwife and my partner was great and I felt extremely supported by all of them - it was a team effort!

My birth went really fast in the end, only 2h in total and only 8 minutes of pushing - it was an incredible experience, very intense but also made me feel strong and empowered. Thank you, Maria, for guiding me through all of this!" ★★★★★

Tanja, mum to baby Alina

Birth



“We met Maria as she led our NCT class. Immediately, we knew we had to have her in our team. Her experience, knowledge and calm nature throughout the pregnancy prepared us for the labour, birth, and post birth. What stood out was her approach. Her hands on support at home and in the hospital was unwavering, and helped us both to navigate triage, the medical teams and making decisions.”



“She helped us advocate for ourselves throughout, explained what was happening, decisions that needed to be made and kept us level-headed and informed. This allowed us to make the right choices for us that led to a safe birth, that we were happy with. Her unwavering support has been next to none. She really is worth her weight in gold, and then some.

Pre-birth we had several face-to-face sessions to discuss aspects of birth and our birth preferences to ensure all benefits and risks were understood. Additional to this Maria taught us exercises and techniques to encourage a comfortable birth (ranging from breathing to baby positioning in the womb). Maria was on-call for us before the birth, and we were able to reach her at any time with questions, concerns and updates. At no point did we feel alone. During labour Maria made the home environment calm and helped me manage the contractions, despite the anxiety that I felt. She created an environment in the hospital which promoted tranquillity and worked with the midwives and nurses who shared the same sentiment, whilst still ensuring we had the birth that we, as a couple, wanted. Post birth Maria was on hand with information and guidance for me in my recovery, helping us both with adjusting as parents and specifically for the baby. Words cannot express how grateful we are to Maria and are so thankful that we had her in our team.” ★★★★★

Jenny, Nigel and baby Henry

Birth



“Maria was my doula for the birth of my first child, Noah. I found Maria's profile on the NCT website and felt an immediate connection with her during our first meeting. Her calm and positive demeanour was very comforting and reassuring both during my pregnancy and while I was in labour. She was always very responsive whenever I had any questions or concerns about my pregnancy. As soon as I went into labour, she was on her way to our home to help support my husband and I immediately and did not leave our side until approximately 25 hours later once our son had been born and the three of us felt settled.



During labour at home Maria helped with positions, breathing and movement suggestions and after a while she used the rebozo and some biomechanics positions as the contractions were not progressing. These really helped to speed things up and soon I was in established labour, and it was time to head for the hospital. Once we were in hospital, she helped make the birth room nice and comfortable, offered encouragement and helped protect the space from unwanted distractions.

One thing I really appreciated about my experience was that I never felt like Maria was pushing her opinions or agenda onto me. She is very kind, encouraging, supportive and knowledgeable. She is easy to talk to and listens to her clients wishes and concerns. She genuinely wanted to support me in fulfilling my birth plan in the best way possible. My labour journey ended up having some unexpected detours and during this time Maria was comfortable communicating with the midwives and doctors guiding us to advocate for ourselves and our wishes. I fully trusted her to help me, and my partner evaluate our options and to make informed decisions. I recommend Maria to any expectant mothers/couples who are looking for additional support and guidance in their pregnancy and birth journeys. I only wish she was offering postnatal doula services as well so we could keep her longer. Thanks, Maria, we love you!"

Nikki, Mum to baby Noah

Birth



"We are so grateful we had Maria's help throughout pregnancy and labour, and after our little one's birth. Maria is wonderfully down-to-earth, professional, and committed, and very warm and kind.

I had a particularly long and complicated labour that involved induction and a caesarean birth, and there were several things we particularly appreciated about Maria. First, she really went out of her way to help me make sure I had tried all I could before accepting induction (at 42 weeks); she came down to London to try some biomechanics and showed me and my husband how to do them on our own (and she also brought essential oils!). Then, during labour, we really appreciated not just her practical skill (suggesting positions for me to try, massaging me when I could still bear touch, and continuing to do biomechanics exercises with me), but the way she transformed the hospital labour room into a little oasis of magical calm with dim lights and her own birthing ball was amazing. Finally, throughout the long process (all weekend, really), Maria was a wonderful friend. She helped make sure my husband and I both ate and rested, she gave me great hugs when I needed them, and her warm, calm demeanor helped both my husband and I relax. Despite it being such a lengthy experience for everyone, Maria was always in good spirits, warm, and helpful.

Thank you, Maria—we're so glad we had you there!" ❤️❤️❤️

Molly, Mum to baby Ivy



“It’s difficult to put into words how much Maria helped me and my husband especially during labour. She was also a fountain of knowledge with any questions we had before baby! During labour we had the most beautiful experience and I put a lot of that down to Maria and her calm and informative attitude. I would absolutely recommend using Maria. She helped make our pregnancy and labour experience so special and sacred, thank you Maria.” ❤️❤️❤️

Lois, Mum to baby Joey

VBAC Birth



"We would highly recommend Maria as a doula. After a long labour that ended in a c-section with our first child, I knew we needed support with our second and booking Maria was the best decision we made. We had a positive VBAC with Marias help. We knew Maria was the right fit for us as she was non-judgmental, and I felt at ease talking to her about our concerns and preferences with our second. Maria was supportive, and pointed us to information, research, and books to help us make informed decisions. In addition, to achieve what we wanted, she helped us put an "out of guidance" birth plan in place which was instrumental in our birth. I also found her emotionally supportive, and she helped us advocate for ourselves.

Maria joined one of our midwife appointments too as we didn't feel confident enough to put our point across to the hospital by ourselves, but she let us lead the conversation and only providing input when requested.



Maria put a biomechanics exercise plan in place for my third trimester which I believe helped for a positive birth experience and to get the baby in the optimal position for my body. Maria came to our house when we called her once I felt I needed her during labour. She was a calming presence and helped me through surges. When it was time to go to the hospital, she confirmed our preferences with us again, kept me calm (as the birth centre was closed) and made the labour ward room feel very cosy with lights etc. and helping me with surges. My husband also found Maria to be supportive throughout but never intrusive. Our second baby arrived within about 90 mins on entering hospital and Maria ensured I caught my baby and had skin to skin (this was very important to me).

Maria built a good relationship with the midwives which helped. After our baby was born, I needed a backrest but there was none so Maria sat behind me so I could lean back on her back! Maria also stayed with us (including postnatal support and helping with the first breastfeed).

It was useful to reflect on the birth 2 weeks after with Maria, to fill in the gaps we couldn't remember. I found this birth to be empowering and very positive. Our only regret was not having Maria at our first birth!" ★★★★★

Darshni, Dinesh and baby Viyaan

Homebirth





“I would highly recommend Maria as a Doula.

We considered a hospital birth but decided that this time round we wanted a hands-off homebirth.

The community midwives were very supportive but talked about guidelines that I was not comfortable with.

Maria guided us and supported us in discussing and putting in place an out of guidelines birth plan. She signposted me to research so that I could make informed decisions and we also made sure that we were aware of reasons why I might need a transfer to hospital.

On the night of the birth Maria arrived but what struck me the most is that she just sat back, unobtrusively watching, and let me and my partner have our birth together. She did make some quiet suggestions and rang for the midwife when I felt I needed her but apart from that I didn't even know she was there.

Our baby was born in water, it was calm, cathartic and healing.

Thank you, Maria, for your presence, your knowledge, and your down right sassiness when needed.” Lucy x

Lucy

Homebirth





"Hiring Maria to support the birth of our second child was one of the best choices we made during pregnancy. From the moment we found her website we knew we wanted her at our birth and feel so lucky she was able to work with us. She tailored her support to our needs and was instrumental in helping us have the birth we dreamed of at home, acting as the perfect mediator between us and the midwives and ensuring everything was taken care of so my husband could focus on his role as birth partner. She offered exactly the type of support and encouragement we needed before and during labour, helping us both to feel calm, confident and empowered. We will be forever grateful to Maria for her support and for helping us achieve a truly magical birth. Thank you Maria!"

Claire and Luke

Elective Caesarean



Elective Caesarean



“We decided to get a doula because I was extremely anxious about giving birth and was keen to ensure continuity of care and have scientific evidence about how it improves outcomes.

From the first meeting Maria put us at ease with her relaxed but professional approach. It was clear to us she would be a great advocate but also had a sense of humour to help us through any challenges. She was thoughtful about making sure my partner was included throughout.

After our birth plan session, where she clearly answered all our questions, she had even managed to make me look forward to the birth!

In the end we made the decision to have an elective c section but found Maria’s help invaluable - she supported us in hospital on day 2 and answered so many questions by WhatsApp throughout the pregnancy and postpartum.

Maria is knowledgeable, warm, and kind: I wish she had been our NCT teacher!”

Kim

Elective Caesarean



Elective Caesarean



“Maria was incredible on our journey to a beautiful elective c-section birth, following a difficult emergency c-section with our first baby. She presented unbiased information and extra resources to help us educate ourselves about our options, equipping us with confidence in our decisions, and enabling me to advocate for myself in appointments. It felt as though we had inside information; we knew exactly what to expect on the day, the clinicians followed our gentle birth plan that Maria had guided us to compile, and the entire birth experience transcended everything we thought it could be. Following the birth, Maria also offered breastfeeding support, which we also wished we had the first time!”



Jennifer

Partners experience



"As the partner and first-time father, I think the best decision we made was to include Maria as our Doula in our birth preferences. I never felt overwhelmed because I knew we always had Maria there to help shepherd us if we needed it. She was incredibly sensitive and had a great intuition on when and what to suggest in the moment but also gave us space as well."



"This was important especially as dynamics can constantly shift between new midwives, being moved to new rooms and new doctors appearing giving different information / suggestions. She was our constant while many other things changed, and her presence provided reassurance, so we felt that we weren't getting lost or overwhelmed within the process. As a partner my role was purely to support my wife and having Maria there meant I could be completely present to support my partner and her needs. Being our first time, it was invaluable having someone, who had much more experience, with us through the whole labour. Someone who could help us advocate for ourselves when we were our most tired, or even just allow me to sleep without worrying that there wouldn't be support for my partner. It takes a really special person to be able to go on this journey with a couple. Someone who is prepared for whatever may arise and be a constant calm presence, while providing support during the most delicate time of our lives. I truly appreciate the care in which Maria approaches her role as a Doula and I highly recommend her." ★★★★★

Lucas, Dad to baby Noah

Partners experience

“The labour and birth of our first child was quite a traumatic process, where our best intentions for a calming and positive experience seemed to go out of the window when complications arose and pain relief was ineffective. As my wife's birth partner, I thought I had everything figured out beforehand, but in the heat of the moment when plans and backup plans were being cast aside, it felt like everything was going wrong and I was powerless to help. Keen to avoid this the second time around - and knowing this would be our last child - we decided a doula would be a worthwhile investment in helping us to create some positive memories, and healing some painful ones in the process. Maria was fantastic from the start, she instantly put us at ease when we first met her, and really took the time to listen to our birth preferences. During the induction, Maria was a great sounding board for us via our WhatsApp chat”.



Partners experience



“We kept her up to date on how things were progressing, and she would helpfully remind us of the options we had. For example: Did we need to accept the next step in the induction, or could we wait a bit? During the course of the pregnancy we had been trying to remember our B.R.A.I.N., but once you are on the ward and talking face to face with a midwife or consultant, it can become a bit harder to think clearly about your options, or challenge authority. Maria's gentle prompting to remind us of all our options was really helpful in making us feel empowered to make the right decisions. Once we were in active labour and Maria had joined us, she helped us to maintain a calm and peaceful environment in the room - even though we were in the clinical-looking CLU. She was a very welcome extra pair of hands during the contractions, able to remind my wife of breathing techniques, or massage her back when it became painful during the pushing phase, whilst I could focus on being there for my wife, holding her hand and talking to her.

Thanks in large part to having Maria there to help us, the birth of our second child was an overall much more positive experience, and I would absolutely recommend her to anyone considering a doula.”

Ian, Dad to baby Alina

Biomechanics for Birth



“Maria was the most amazing birthing doula; my partner and I cannot imagine giving birth without her help and support. We decided to get a doula to support us both mentally and physically, as well as to provide advocacy throughout. We met Maria early on in our pregnancy. She was super personable, helped us to shape our birth plan whilst being supportive and encouraging to my partner”.



" We looked at positions for labour and birth and different breathing techniques and Maria signposted us to easy to access evidence-based information and guidance. One thing I appreciated the most was the use of spinning babies to optimally position the baby and initiate labour: this was particularly important as we were 2 weeks overdue and keen to avoid induction! Maria walked us through the circuit and encouraged us to try it ourselves. It really worked! I went into labour! Maria stayed with us for over 24h and did everything to make sure that the birthing environment was as calm as possible including candles and low-level lighting, suggested many different positions, breathing and visualisation techniques, both at home and on the consultant lead unit. She was always there for us and went above and beyond, her energy and passion was infectious, even when things started to slow down. She was personable and friendly with the midwives which was helpful in establishing the best decision-making processes and atmosphere. At all stages Maria was the best advocate for us as a couple. She remained calm and comforting. I highly recommend Maria as a doula, and greatly appreciated her help, guidance, presence, and support throughout. Thank you so much!" 🧡🧡🧡🧡🧡🧡

Harriet and baby Dougie

Biomechanics for Birth





"Maria was my doula for our first baby and I would highly recommend her. I hadn't thought about having a doula until a friend suggested it as I was very anxious about the birth and wanted to get support for myself and my partner. I found Maria through the NCT and her profile spoke to me. On meeting with her she was very knowledgeable but most of all she seemed very kind and calm. In our antenatal sessions she gave us the opportunity to ask questions and I felt her answers were not bias and she was never judgmental about our birth preferences. During the birth she helped with positions, movement, and exercises to help shift the baby round as he was back-to-back. She worked well with the midwives and helped us advocate for ourselves; we did not want to go to the labour ward as the midwives were saying that pushing was taking too long. With some changes of position, we gave birth to a beautiful baby girl and Maria had stayed with us for the whole time. She was so unflustered, always reassuring and she made me feel confident and calm. Thank you Maria, we love you xxx" 🥰

Kate

Biomechanics for Birth

“We had such an amazing experience with Maria! Probably the best decision as part of our birth plan!! The antenatal sessions we had helped a lot, especially the different exercises and biomechanics she recommended to start practicing before labour (to encourage the baby to be in the most optimum position for birth). She made us aware of all risk & benefits for certain medical procedures and shared a lot of resources, so we could be fully informed before making decisions. She made sure my birth plan included the things we really wanted and had it with her on the day to share it with the medical staff. A key thing for me is that my husband felt very supported by Maria throughout, hence we truly felt like a team. My labour lasted about 48 hours. Her recommendations & suggestions on how to cope with the contractions were very helpful, and we spent a lot more time at home before going to the hospital.





Once in hospital, she stood up for me when discussing with the midwives and made sure we were being looked after properly. She spent 14 hours+ in the birth centre with us plus all the time we had been at home beforehand. Communicated openly at all stages of labour and made us feel very comfortable and gave us space when needed.

A few things I'll remember and cherish for a long time: the apple juice she gave me to drink during labour; how she prepared a bath for me at home and stayed there the entire time (massaging my back); the biomechanics exercises she recommended in the last stages of labour and various pushing positions she suggested (reminded me of my birth preferences at all times and made sure I stayed active throughout), her hug and big smile when the baby was finally in our arms.

I would 110% recommend her to everyone who's looking to have a positive birth experience, someone to support and guide you at all times during labour and truly makes you feel that you can do this!! Postnatally, she checked in with us at various points and asked if we needed any support/ information. We got a lot of good advice and resources from her regarding feeding, sleeping, and general things around taking care of a newborn. Thank you once again for being part of our journey, Maria! It does feel like you're part of the family now." ❤️🙏

Daria, Ionut and baby Matteo

Biomechanics for Birth





“Maria has been the most wonderful birth doula that I could have ever imagined supporting me and my family. From the beginning I found her warm, open and incredibly knowledgeable, she sure does know her stuff. We choose to add biomechanics and the Antenatal Prep for Breastfeeding sessions to our package. Maria worked with us to set out a programme of movements and exercises to do that we hoped would get our baby girl into the right position for birth and after the Prep session we felt ready and prepared (as much as we could be) for our feeding journey. My labour was quite long and from when Maria arrived until 18 hours later, she never stopped caring for us, guiding us to remember what we had put on our birth preferences, fed us, helped us advocate for ourselves, made our birth space beautiful and gave us so much encouragement. When our little girl was born, she protected our space so I could do skin to skin and the first feed at a pace that was right for all of us. Postnatally she checked in via WhatsApp, gave further feeding and postnatal support and then came to visit us where she finally got to have a cuddle with our baby. Throughout our whole experience with Maria, she has been exceptional. Thank you, Maria, from the bottom of our hearts, your part of the family now.” 🥰🥰

Lynne

Postnatal and Night Doula



Postnatal and Night Doula



“Hiring Maria as my doula for my second pregnancy was one of the best decisions I made. She was instrumental in helping me achieve a positive birth experience this time around. Her biomechanics training was incredibly valuable in helping rotate my baby into an optimal position, making labour smoother and more manageable.

Beyond her expertise, Maria’s flexibility and availability on WhatsApp were a huge comfort—especially when I started experiencing false early contractions. She always responded with reassurance and guidance, which made such a difference in keeping me calm and informed.

Her support didn’t stop at birth. Postnatally, Maria provided much-needed night support, allowing me to rest and recover. She also gave invaluable advice on helping my toddler adjust to the big changes of having a new sibling. Having her as a resource and a helping hand has been a total game changer.

Thank you Maria for being such a great support to our family.”



Nabba, Umayr and baby Ayaan

Postnatal and Night Doula



Postnatal and Night Doula



“Words cannot say how much Maria supported me and my partner through our pregnancy, birth and postnatally. From the beginning Maria made us feel comfortable, safe and I really want to say “held”. There is just something about her that made us feel calm and supported. Throughout the pregnancy she offered us continuity, nothing seemed a problem and no question was unanswered. Her extensive knowledge shone through but never forced or judgmental. On the day I went into labour she came when we needed her and as soon as she was there all my worries disappeared, I knew she was in our corner, always calm, she had our backs. Postnatally we decided to ask Maria to do some night doula sessions, and I cannot thank her enough for the breastfeeding support and the rest and reassurance she brought us both knowing our baby girl was in a safe pair of hands. Thank you, Maria, for being there for us. You are one in a million.” ❤️❤️❤️

Sabine

Postnatal and Night Doula



"Maria she been absolutely brilliant helping us as a night doula in the first few weeks of having our baby. Her support and knowledge has been invaluable and she has been amazing with our baby. I would highly recommend her to all new parents!"

Fabia, Mum to baby Enzo

Postnatal and Night Doula



“Maria is a **WONDERFUL** doula - from the moment I met her I felt completely at peace leaving her in the care of our newborn baby. She’s such a kind, motherly figure and is so invested in your baby’s care - far beyond the contracted hours. We were very very sad to say goodbye to her: we were totally relaxed and felt empowered in looking after our baby with her around. Couldn’t recommend enough.”



“Maria was fantastic with our first child, willing to help us out with little notice. We learned so much invaluable information from her and we always felt like we were in great hands. As much as anything we felt like we had complete trust in her.”

Katya, Bruce and baby Lilah

Infant Breastfeeding support



“Maria came to our rescue as a breastfeeding counsellor and her support is the reason I was able to breastfeed my baby confidently within a few weeks from birth. I can’t recommend her enough! My husband and I had not taken any breastfeeding antenatal classes and had no idea what to expect. Maria came to our house two days after our baby was born, her support and guidance helped us new parents understand how to feed our baby, we learned so much from her.

She was professional and warm which helped us slow down and take it step by step. After a few appointments, breastfeeding was established and my baby was very well fed and happy!

I will be forever grateful to Maria!”

Federica and baby Serafina



“Maria was a hugely reassuring source of insight and we highly recommend her to those looking for support with a newborn. We were recommended her services after seeking advice following the birth of our daughter, and she carefully guided us through the nuances of sleep patterns and breastfeeding. She was calm, kind and intimately understood our areas of inquiry.”

Ciaran, Dad to baby River

Infant/Breastfeeding support





“We contacted Maria after needing help due to a more complicated birth and recovery than hoped and she was with us within a week, helping us with overnight care of our 2 week old. She was incredibly supportive and attentive, and a huge help with my breast feeding journey. Her advice and guidance helped me go from low supply, to exclusively breast feeding within a couple of weeks!”

Very grateful for Maria stepping in at short notice to help out with nights for a 2 week old newborn. Was extremely helpful as a partner navigating the transition back to work, and to provide crucial support for my wife.”

Sarah, Mark and baby Oscar

Infant/Breastfeeding support





“Maria was incredibly helpful during my pregnancy as a birth doula. She was always able to provide unbiased advice and information about my birth options.

Following unexpected complications from my baby's birth, Maria then went above and beyond by supporting us in the hospital and taking on the role of postnatal doula. She continued to provide postnatal support to us at home, making time for us that we hadn't planned in advance.

Maria provided breastfeeding support throughout the newborn period that ensured I was able to breastfeed my baby. This was particularly important when the advice I received from midwives and others did not work for me and my baby.

Maria showed me, my partner, and our baby care beyond what anyone could have expected and we truly don't know how we could have got through a difficult postpartum period without her! Maria provided non-judgemental and tailored support, and I wouldn't hesitate in recommending her as a birth doula, postnatal doula, and for breastfeeding support.” ❤️❤️❤️

Gemma, Tom and baby Lenny



An invitation to your free 20
minute discovery call.

07500 776632

www.mariathedoula.co.uk