Birth Be

SERVICES & PRICES

Practical support for a gentler beginning

A clear guide to Birth Be support during pregnancy, the fourth trimester and early family life - with prices, time commitments and what you can expect from Elsa.

A warm place to begin

Every family is different. You are welcome to start with a free 20-minute phone or video call so Elsa can listen to what would feel most helpful and explain the most suitable options, without pressure to book.

CALM	PRACTICAL	PERSONAL
Support shaped around the reality of your home and family.	Clear, useful help with rest, meals, preparation and everyday life.	Time to talk through what matters to you, without judgement.

AT A GLANCE

Choose the support that feels right

Elsa is accepting one-to-one clients from October 2026. Home-visit prices include travel of up to 30 minutes each way from Dorking; any additional travel or separately agreed costs are explained before you book.

SERVICE	PRICE	TIME / USE
Free introductory call	Free	20 minutes
A little breathing space	£120	One 3-hour postnatal visit
Settling-in	£420	Four 3-hour visits
Continuing support	£816	Eight 3-hour visits
Nourish & Reset	£160 + ingredients	One 4-hour visit
Additional postnatal hour	£40	Added to an agreed visit
Antenatal preparation	£120	One 2-hour session
Online Fourth Trimester Plan	£85	One 90-minute video session
Homecoming	£220	2-hour plan + 3-hour visit
Nesting reset	£160	One 4-hour visit
Two nesting visits	£304	Two 4-hour visits
Prepare & Settle	£900	26 hours in total
Home safety walkthrough	£95	90 minutes with Elsa
Baby-proofing fitting	£50/hour	2-hour minimum with Nathan
Ready to Explore	From £195	Walkthrough + first 2 fitting hours
Be Curious sensory room	£7.50	One adult + one child aged 0-2
Be Curious four-session pass	£28	4 consecutive sessions

Community events

Mums on the Move and Be Nourished events are announced separately when dates, venues and prices are confirmed.

POSTNATAL SUPPORT

A little more room to rest and recover

Elsa's visits are led by what would make the day feel lighter: a simple meal, holding or settling your baby while you rest nearby, light laundry or washing-up, resetting one room, emotional support or a realistic plan for the next few days.

A LITTLE BREATHING SPACE

One three-hour home visit

£120

WHAT'S INCLUDED

- Priorities agreed before Elsa arrives
- Practical and emotional postnatal support
- Travel included up to 30 minutes each way

GOOD TO KNOW

- You remain responsible for your baby
- Meal ingredients are supplied by you or added at the agreed cost
- This is non-medical support

SETTLING-IN

Four three-hour visits

£420

WHAT'S INCLUDED

- 12 hours of support
- Usually one visit each week
- Use within six weeks of the first visit
- One message check-in in each active week

GOOD TO KNOW

- Saves £60 compared with four single visits
- Routine replies are normally within two working days, Monday to Friday
- Dates are agreed around Elsa's availability

CONTINUING SUPPORT

Eight three-hour visits

£816

WHAT'S INCLUDED

- 24 hours of support
- Planned across four to eight weeks
- Use within ten weeks of the first visit
- One message check-in in each active week

GOOD TO KNOW

- Saves £144 compared with eight single visits
- A good fit for families wanting a steadier rhythm of support
- Dates are agreed in advance where possible

NOURISH & RESET

One four-hour focused visit

£160 + ingredients

WHAT'S INCLUDED

- Simple freezer-friendly meal preparation
- A light kitchen reset
- Practical postnatal support as time allows
- Menu agreed in advance

GOOD TO KNOW

- Cooking takes place in your kitchen
- Please share allergies and dietary needs before the visit
- This is postnatal support rather than a catering service

Need a little longer?

An extra hour can be added to an agreed postnatal visit for £40, subject to Elsa's availability. It works well for batch cooking or a fuller reset and cannot be booked as a one-hour standalone visit.

PREPARING FOR BABY

Calm, practical planning before and after birth

These sessions make space to think through food, rest, visitors, the home and the people around you. They are practical and non-medical, and a partner or support person is always welcome.

ANTENATAL PREPARATION

£120

One two-hour planning session

WHAT'S INCLUDED

- Topics chosen together in advance
- A calm, guided planning conversation
- Practical written next steps
- One follow-up

GOOD TO KNOW

- Available in person
- Your partner or support person can join
- Birth attendance is not included

ONLINE FOURTH TRIMESTER PLAN

£85

One 90-minute video session

WHAT'S INCLUDED

- Planning for food, rest, visitors and practical help
- A personalised written plan
- One follow-up email

GOOD TO KNOW

- Available wherever you live
- Your partner or support person can join
- A home visit is not included

HOMECOMING

£220

A two-hour antenatal session + one three-hour postnatal visit

WHAT'S INCLUDED

- Planning before your baby arrives
- Simple written next steps
- A home visit after birth
- Five hours of support in total

GOOD TO KNOW

- The home visit is used within six weeks of birth
- Saves £20 compared with booking separately
- Meal ingredients or separately agreed supplies are extra

PREPARE & SETTLE

£900

A two-hour antenatal session + eight three-hour postnatal visits

WHAT'S INCLUDED

- 26 hours of support in total
- Planning and written next steps
- Eight home visits
- Postnatal visits used within ten weeks

GOOD TO KNOW

- Saves £36 compared with the equivalent separate services
- Visit dates are agreed together
- Baby-proofing, extra supplies and additional travel are separate

NESTING SUPPORT

Create a home setup that works for your family

Elsa works alongside you to make one useful area feel calmer and easier to use. The focus is practical organisation using what you already have, rather than creating a picture-perfect space.

NESTING RESET

One four-hour visit

£160

WHAT'S INCLUDED

- Focus on one useful area
- Sort and organise existing belongings
- A simple list of anything still needed
- One or two-visit options

GOOD TO KNOW

- You make the decisions about what stays or moves
- Light organising only - no heavy lifting
- Supplies are charged separately if agreed

Please note: Two four-hour visits are £304.

A helpful time to book

A nesting reset can be useful before birth, after a house move, when feeding or changing arrangements are not working, or simply when the everyday setup has become harder than it needs to be.

BABY-PROOFING SUPPORT

A thoughtful plan, followed by practical fitting if you need it

Elsa carries out the home safety walkthrough. Any agreed physical fitting is undertaken separately by Nathan, Elsa's husband, who has more than nine years of joinery experience.

HOME SAFETY WALKTHROUGH

£95

One 90-minute visit with Elsa

WHAT'S INCLUDED

- Room-by-room discussion
- A prioritised written action list
- Suggested products and useful measurements
- One email follow-up

GOOD TO KNOW

- No fitting is included
- There is no obligation to buy products through Birth Be
- You remain responsible for final product choices and supervision

FITTING & INSTALLATION

£50/hour

Nathan's time - two-hour minimum (£100)

WHAT'S INCLUDED

- Suitable gates, cupboard locks and guards
- Suitable anti-tip products
- Cable-management solutions
- Simple practical changes agreed in advance

GOOD TO KNOW

- Products, fixings and materials are extra
- Likely time is discussed before the visit
- Landlord permission is your responsibility where required

READY TO EXPLORE

From £195

Elsa's walkthrough + Nathan's first two fitting hours

WHAT'S INCLUDED

- A 90-minute walkthrough
- Written priorities and shopping list
- Time to obtain suitable products
- A separate two-hour fitting visit

GOOD TO KNOW

- Further fitting is £50 per hour
- Products, materials, parking and additional travel may increase the total
- The complete estimate is agreed before work begins

Important safety boundary

Baby-proofing can reduce avoidable risks but cannot make a home risk-free or replace attentive adult supervision. Electrical, gas, glazing or structural work must be completed by an appropriately qualified professional.

COMMUNITY AND GIFTS

Gentle ways to connect or offer practical care

Birth Be community sessions are relaxed, welcoming and designed around real family life. Feeding, changing and quiet breaks are always understood.

BE CURIOUS SENSORY ROOM

£7.50

One child aged 0-2 with accompanying adult

WHAT'S INCLUDED

- For babies and toddlers aged 0-2
- A calm sensory environment
- Hot drink and a bake included
- Crossways Community Baptist Church, Dorking (RH4 3HB)

GOOD TO KNOW

- Stay close to and supervise your baby
- Check Happity for live dates and spaces
- Contact Elsa before booking about access needs or allergies

SENSORY SAVER

£28

Four consecutive Thursday sessions

WHAT'S INCLUDED

- Must be used on the booked dates
- Cannot be carried forward
- £2 saving compared with four single sessions

GOOD TO KNOW

- Each date is booked through Happity
- The current group booking terms apply
- Please give as much notice as possible if plans change

GIFT SUPPORT

From £95

Choose a service or contribute a custom amount

WHAT'S INCLUDED

- A personalised digital gift certificate
- Dates arranged directly with the recipient
- A complete service or custom contribution

GOOD TO KNOW

- Elsa confirms suitability and availability
- Normal travel terms apply
- Gift validity and booking details are confirmed before payment

Other community events

Mums on the Move walks and Be Nourished supper and brunch clubs are announced as dates are arranged. Join the interest list or follow Birth Be for the next event.

TRAVEL AND BOOKING

Clear costs before you decide

Birth Be keeps travel flexible so nearby Surrey families are not excluded by a rigid mileage boundary. The expected journey time from Dorking is checked for the planned visit time.

EXPECTED JOURNEY	TRAVEL COST	WHAT THIS MEANS
Up to 30 minutes each way	Included	Dorking, Reigate and Guildford are routinely served, along with many nearby towns and villages. The full postcode and visit time are used to confirm the journey.
31-45 minutes each way	£15 per home visit	Added only after the likely journey has been checked and explained.
46-60 minutes each way	£30 per home visit	Confirmed as part of the complete price before booking.
More than 60 minutes each way	Quoted individually	Elsa will let you know whether the journey is practical before you make any commitment.
Parking, tolls or congestion charges	At cost	Any known charge is included in the written total or explained before the visit.

01 **Start with a conversation** — Send an enquiry or request a free 20-minute phone or video call. Elsa will listen, answer questions and check availability.

02 **Agree the details** — The service, dates, travel, any extras and the complete price are confirmed in writing.

03 **Receive your invoice** — When you are happy to go ahead, Elsa sends an invoice with the payment instructions and booking details.

04 **Feel prepared** — Before the first session, Elsa confirms anything useful to know so your time together can focus on what matters most.

Sensory-room bookings

Be Curious is the only direct online booking route and is booked through Happity. All one-to-one services and gifts are arranged personally with Elsa and invoiced when you choose to proceed.

A note about health and urgent support

Birth Be offers non-medical support. For clinical advice or urgent concerns, contact your maternity team, midwife, health visitor, GP, NHS 111 or 999 as appropriate.

Ready to talk? Visit birthbe.co.uk or email elsa@birthbe.co.uk. Elsa is accepting one-to-one clients from October 2026.