



Booney Smith

0787 947 3991 / Booneyh@gmail.com / www.Booneysmith.com

I live in Surrey, have two grown adult children and two beautiful, young granddaughters. I am passionate about my garden and spend a lot of time there – if only my plants could talk, the things they would tell you. I make a mean carrot cake, adore travelling and enjoy good design keeping one eye on the fashion world.

Following a 20 year career in fashion and some changes in my personal life I decided to train as a Doula and completed courses with Doula UK (2004) and Nurturing Birth (2009). I practised as a Post Natal Doula for around 10 years before becoming a Birth Doula.

Throughout my life's journey I have met many people who influenced and have had a profound effect on me, none more important than the people who I have supported in my work.

There are many aspects of being a doula that I love; building trusting relationships with my clients and enjoying close friendships with those who have come into my life through my work. The experiences we have shared have taught me so much.

There is so much information available for parents-to-be which is wonderful, however working out the path you want to take can be overwhelming at times. Searching on internet parent forums can also lead to an influx of opinions, some of which can be very strong. Everybody has their own views on sleep training, breastfeeding etc but we must remember is that each of us have our own experiences and finding what is right for you is so important.

Having a Doula there by your side to be your advocate can help take away some of the uncertainties. Non-judgmental, protective and well-informed support from a Doula helps give you confidence in yourself and the choices and decisions you will make.

My experience has been very broad; I have worked in my local hospitals of Frimley Park and the Royal Surrey, most of the larger hospitals in London, in birth centres and in my client's homes...even in a yurt!

Over the years I have gathered many contacts covering a diverse range of fields from natural and holistic treatment such as Cranial Osteopathy, Optimal Fetal Positioning and information about Microbiome collection for babies born via C-Section to more conventional support such as Placenta Encapsulation and Stem Cell collection.

I was thrilled to become a Nurturing Birth Mentor in 2021 marking a new chapter in my life and career. The Nurturing Birth community has given me renewed inspiration and the confidence to share my experiences and knowledge with others who are currently training.

Training and Qualifications

Doula UK registered member 2004-2019

Nurturing Birth registered member 2009 - Present

KG Hypnobirthing Diploma in 2013 (trained with Katherine Graves)

Rewind Technique training with Alex Heath 2016

Nurturing Birth 'Every Birth' training 2019

Homeopathic massage

Placenta Encapsulation guidance (IPEN)

Stem cell collection guidance

MVP Group Member of Royal Surrey Hospital (2018-2020)

CRB Checked / St John's Ambulance Emergency First Aid 2023 / Fully Insured

Client references can be provided on request.