



Mama & Me



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# PRE & POSTNATAL MOTHER & BABY PACKAGES

with  
*Helene Moore*



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## SERVICE MENU & PRICE LIST

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### #1 Prenatal Package

bonding before birth.



### #2 Postnatal Package

mother & baby birth story healing, to help move you both forward with the strongest bond.

### #3 Pre & Postnatal Platinum Package

combining my pre and postnatal packages in a fully supportive, third and fourth trimester bonding experience.

### #4 Baby Room

your personal clinic for all things infant.



### #5 Dad Matters

all things dad or partner.

### #6 Career to Cradle Ultimate Package

your platinum package, PLUS confidence, maternity and returnity coaching with personal HR guidance, for a seamless transition from and then back to your workplace.

## Prenatal Bonding Before Birth Package:

You are your baby's first school. How we come into our pregnancy, our environment during, our emotional landscape, our dreams and expectations, our openness to connect with our unborn child and how we emotionally prepare for the birth event as a shared experience, all have a bearing on how our relationship with our child develops and how we emotionally develop together. In this package I help you and your baby to feel strong, connected, trusting and emotionally prepared for the biggest event in both of your lives to date. You're not alone. Package includes:

- ✓ 30-minute free Discovery Call with Helene
- ✓ 2 x 60-minute landscaping, bonding, birth prep & guidance calls
- ✓ 1 x 30-minute pre due-date check-in call
- ✓ email support over 3 weeks of working together

**Program Cost: £340**

### Additional Notes:

This package is most beneficial for participation in the latter part of second and /or third trimesters. Additional sessions can be booked for £155 per hour.

If you think this package may be for you, please arrange a FREE discovery call with me, to find out more and see if we could work comfortably together [Click here](#)

**Book my**  
**FREE Call**



# Postnatal Mother & Baby Birth Story Healing:

Emotional self-care is vital for new mothers, especially feeling heard. Key to this package is the healing benefits of sharing your entire emotional birth story with someone who can listen with care and knowledge. How you came into and spent your pregnancy together, then how birth, your first biggest rupture, may have impacted you both emotionally, can often manifest in physical symptoms, which your baby may be trying to tell you all about. Some of those memories simply don't need to be taken into the relationship with us! Colic and reflux, poor sleep, poor feeding, crying etc can all be part of the birth narrative. Even the seemingly most straightforward births tell a story, which when told, helps mother and child move forward in beautiful strong connection. Package includes:

- ✓ 30-minute free Discovery Call with Helene
- ✓ 1 x 60-minute call on your pregnancy and expectations coming into birth, your health, baby's health and prenatal bonding
- ✓ 1 x 60-minute birth story debrief session
- ✓ 1 x 30-minute symptoms and bonding call with you and your baby
- ✓ 1 x 30-minute call with you, your baby and / or partner together
- ✓ 1 x 30-minute follow up check-in call
- ✓ email support over 4-5 weeks working together

## Additional Notes:

**Program Cost: £480**

I've worked successfully with clients who gave birth 4 weeks ago and those who gave birth 4 or 14 years ago, so time passed since you gave birth, is not a factor, it's never too late for an amazing relationship. Additional sessions can be booked for £155 per hour for you /£85 per half hour for your baby/child. If you think this package may be for you, please arrange a FREE discovery call with me, to find out more and see if we could work comfortably together. [Click here](#)

**Book my**  
**FREE Call**



## Pre and Perinatal Platinum Mother & Baby:

This package combines both my pre and perinatal packages into a fully supported maternity journey and bonding experience for you and your baby across your third and fourth trimesters. Please see the detailed descriptions against the individual packages above. Package includes:

- ✓ 30-minute free Discovery Call with Helene
- ✓ 3 x 60-minute calls covering your pregnancy and expectations coming into birth, your health, baby's health and prenatal bonding
- ✓ 1 x 60-minute birth story debrief session
- ✓ 1 x 30-minute symptom and bonding call with you and your baby together
- ✓ 1 x 30-minute call with you, your baby and / or partner together
- ✓ 1 x 30-minute follow up check-in call  
email support over 4 weeks before birth and 6 weeks post

**Program Cost: £615**

### Additional Notes:

This package is most beneficial beginning in the latter part of second and /or third trimesters.. However if you'd like to begin earlier to include full pregnancy and /or the conception period, additional sessions can be purchased at £155 p/h.

If you think this package may be for you, please arrange a FREE discovery call with me, to find out more and see if we could work comfortably together. [Click here](#)

**Book my**  
**FREE Call**





# Poor Sleeper Reframe

"When we have an infant who wakes every 1-3 hours, we shouldn't be thinking "what could help them sleep?"  
First and foremost, we need to be asking "why do they prefer to be awake?""



## Baby Room Clinic and Early Years Support:

As parents there are times when you're aware of 'just something' with your child, at others, you may even feel worried about your little one. How lovely would it be, just to have an ear, simply ask, feel your instincts are correct, gain insights or have helpful suggestions, without ever feeling judged?

Baby Room Clinic sessions are yours for just that, for anything or anytime you'd just like a little bit of personalised help or support. Baby Room Clinic sessions are a double; first for us to discuss your concerns and offer suggestions, the second to work with both you and your baby. Some popular topics my Mothers' often want to discuss, solve or learn about, include: colic and reflux issues, sleep issues, understanding a baby's different cries, feeding issues, infant massage techniques, bonding, separation anxiety and many more. A baby is born with a history equalling their age + 9 months, the answer is always in there, somewhere. Sessions include:

- ✓ 1 x 60-minute call with you, to discuss your particular concerns
- ✓ 1 x 30-minute call with you and your baby together.

**Mother & Baby Session Cost: £240**

[Click here to arrange a Session](#)

### Additional Notes:

Additional sessions can be booked for £155 p/h for you /£85 per half hour for your child.



## Dads and Partners Matter Too:

The person who supported you through pregnancy, held your hand through birthing and is up at night co-parenting alongside now, is often overlooked in their reconciliation of the whole birthing event and they really shouldn't be! It's a tough experience to see someone you love birthing the child you've yet to see or feel, to maybe see struggle and pain and doubtlessly to worry about all of you, whilst feeling almost entirely powerless in it.

Dads Matter sessions are theirs for just that, to be able to share how it was for them, what they saw, what it meant, how they felt, to heal, to share the joy and fears of becoming a father or parenting partner. And then there's their bond too. Different to yours and equally special in setting a little one up, in all their relationships for life. Sessions include:

- ✓ 1 x 60-minute call with you, to share your side of the birth event
- ✓ 1 x 30-minute bonding call with you and your baby together.

**Dad and Partner Matters Session Cost: £240**

[Click here to arrange a Session](#)

### Additional Notes:

Additional sessions can be booked for £155 p/h for you /£85 per half hour for your child.





## The Ultimate Full Maternity Support Package :

This one-of-a-kind Ultra package is especially designed for women transitioning from Career into Motherhood and don't want to compromise on either.

It provides all the aspects of my pre and perinatal platinum package to take care of you and your baby, combined with everything you need for you the professional and your return to your Career; including personalised maternity coaching, clarity and confidence coaching and preparation for your return, with personalised HR guidance, for a seamless transition from and then back to your workplace.

This unique package is a collaboration, personalised for you and delivered by your own, two, on-hand specialists. Myself and Nicki Young of MumMe Mojo - MCIPD HR Consultant, Facilitator Maternity & Returnity and Executive Coach.

For more information please contact me to arrange a discovery call with both Helene and Nicki. [Click here](#)

[Discovery](#)  
[Call](#)



# Helene Moore

## PRE & POSTNATAL INFANT-PARENT COMMUNICATION PRACTITIONER

My parental relationships had challenges that began the day that I was born.

As a child I didn't feel seen, heard or understood and quite simply I wasn't. It was no one's fault; rather, a very lengthy, traumatic delivery, resulting in heavy sedation for my mother numbering days and in those days a scant understanding of the importance of the presence of fathers at and immediately after birth, meant that the three of us were physically and emotionally separated, at our most critical time for bonding. Of course I didn't know that then.

Emotional separation is just one rupture that can come with birthing a baby. Even seemingly straightforward births can bring intense feelings and experiences that, either consciously or unconsciously dominate our memories and set the tone for our future - especially for both mother and baby. Why? Because you are **both** present and active in the event..

So I set out on a life and career changing journey. If I could solve the puzzle for me, then perhaps not only my relationships could change; but that maybe what I discovered, could also help the relationships of many other infants and their parents. I did, we did and I'm forever grateful.

However pregnancy or birth happens for you, my passion and mission, is to help you prevent, understand or repair any ruptures from your family's unique birth experience, so you are free to have your best possible relationship together.



I am an Advanced Trained Practitioner with NHS England Solihull Approach in Brain Development, Attachment and Early Trauma. A qualified bio-dynamic Craniosacral Therapist, specialising in mother & baby, a Japanese Amatsu Therapist and Baby Massage Instructor and Early Years Emotional Development Practitioner with active in clinics in London and The Home Counties for 19 years.

My areas of professional development and specialist interest trainings includes pre and perinatal psychology, understanding a child's emotional and developmental behaviour, phenomenology, embryology, epigenetics, pregnancy care and assisted fertility care.

Preceding this I enjoyed an 11 year career in Advertising and Marketing,

learn more at  
[www.mamaandme.co.uk](http://www.mamaandme.co.uk)

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"An unborn child can sense, but not make sense, know, but not understand."

