

# The Early Story — The Beginning

*Supporting connection, trust, and emotional readiness before birth*

3 prenatal sessions · £555 (normally £750)

Your baby already knows you.

They feel your heartbeat, your rhythms, your emotions, and your presence long before they take their first breath.

**The Early Story** is a gentle, supportive programme that helps you and your baby begin your relationship before birth — building trust, connection, and emotional readiness for the journey to come.

This is where the story begins.

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## Why The Early Story Matters

Your baby lives in a world of sensation and feeling.

They are already forming impressions of safety, closeness, and connection — impressions that shape their experience of birth and early life.

When you learn to listen to your baby before words, something extraordinary happens:

- You feel closer to your baby
- Birth feels less overwhelming
- Your baby feels more settled and secure
- Your body softens, relaxes, and prepares for labour
- You begin your relationship already connected, attuned, and trusting

This programme gives both you and your baby a more peaceful beginning.

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# What We Explore Together

Across six sessions, we gently explore the emotional and embodied landscape of pregnancy:

## +Your Baby's Early Story

The rhythms, sensations, and emotional world shaping your baby's experience in the womb.

## + Your Own Beginnings

How your early experiences influence pregnancy, birth, and connection — and how to soften what feels tight or protective.

## + Deepening Connection

Practices to help you listen to your baby through touch, presence, breath, and quiet awareness.

## + Preparing for Birth

Supporting your nervous system so you and your baby enter birth with more safety, trust, and emotional readiness.

## + Gentle Craniosacral Bodywork

Soothing your body's inevitable aches as it changes and creating lightness and spaciousness — physically and emotionally — for both you and your baby.

My work is not behavioural or instructional

I'm working with you both relationally, fully embodied, and intuitively.

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## Who This Programme Is For

The Early Story is perfect for you if you:

- Want to feel closer to your baby during pregnancy
- Feel anxious or overwhelmed and want more grounding
- Had a previous difficult birth or pregnancy
- Want a calmer, more connected birth experience
- Are navigating IVF, or emotional complexity
- Are experiencing the inevitable aches and pains as your baby grows
- Want to give your baby and yourself, the gentlest beginning possible

You do not need to have a specific problem to benefit.  
This work is about connection — and connection enriches every pregnancy.

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## What You'll Leave With

By the end of the programme, parents describe feeling:

- Deeply connected to their baby
- Calmer and more confident
- Comfortable and supported in their body and emotions
- Clear and prepared for birth
- More able to trust themselves
- And often, simply... closer

And babies?

They tend to feel more settled — even before birth.

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## Begin Your Story Together

If you feel called to begin your relationship before birth, I'd be honoured to walk beside you.

[Book The Early Story]

or

[Schedule a Discovery Call]