

Mama & Me



Follow-Up Sessions

Ongoing support for your growing baby — and your growing relationship

For mothers, babies, and children up to 7 years* £158 per session (normally £185)

After completing one of the core programmes, families often want occasional, flexible support as their baby grows and new experiences emerge.

Follow-up Sessions offer a gentle place to return to – a familiar space where both you and your baby can feel seen, supported, and understood as life continues to unfold.

These sessions follow the natural rhythm of your baby's development.

Every week, month, and milestone brings subtle shifts in their body, emotions, and sense of the world.

Returning for a single session can help you understand what your baby is communicating now – and what they need next.

** **Follow-up sessions*** are for mothers and babies who have already taken any programme of 3 sessions or more. I don't encourage single sessions, as this work is best getting to know and honouring you, your baby and your unique story, which I can't do so easily in one session. If however, in rare circumstances, we agree only one session is needed, this can be purchased at **£195** (normal price £225).

Why Families Return

As your baby grows, they begin to express new layers of their story through:

- developmental leaps and transitions
- feeding or sleep changes
- teething or physical “growing pains”
- shifts in mood or temperament
- new expressions of their emerging personality
- reactions to new environments or big feelings

These sessions offer support that is both ***practical and deeply attuned*** — meeting the needs of the moment while honouring the relationship between you and your baby.

Some babies need help settling into a new phase.

Some parents need reassurance or clarity.

Some families simply want a safe place to check in.

Whatever the reason, I’m always delighted to see you both.

What We Explore Together

Because these sessions respond to your baby's stage of development, your needs in the moment, and the story that is still unfolding, each one is unique. It may include:

+ Practical Baby-Focused Support

Helping your baby ease through:

- physical transitions
- body tension
- digestive discomfort
- sensory overload
- sleep and feeding rhythms
- the natural stress of big developmental leaps

+ Gentle Craniosacral & Somatic Support

To soothe the nervous system, release tension, and help your baby find comfort and ease in their body.

+ Relationship & Emotional Support

For you and your baby as you navigate new phases together — strengthening connection, co-regulation, and understanding.

+ Understanding What's Changing

Translating your baby's behaviour into a story that makes sense — so you can respond with confidence, not worry.

This is both a ***clinic space*** and a ***relationship space*** — not two separate things, but a single, integrated way of supporting you and your baby as you continue your journey.

Experiencing each other, with more clarity, safety, and presence.

Your baby is not learning 'you', they are recognising you in a new way and you are recognising yourself.

Who These Sessions Are For

These sessions are ideal if:

- you've completed a programme and want flexible, responsive support
- your baby is going through a developmental leap
- new behaviours or moods are emerging
- sleep or feeding rhythms have shifted
- your baby seems unsettled or overwhelmed
- you want to check in on your baby's physical or emotional wellbeing
- you feel your own system needs grounding and support

There is no right or wrong time to come back.

Just come when you need to.

What You May Leave With

Parents often leave feeling:

- clearer about what their baby is communicating
- more confident navigating the current phase
- grounded and supported in themselves

Babies often:

- settle physically and emotionally
- ease through transitions
- soften into their bodies
- sleep and feed with more comfort
- regain their natural rhythm

Every visit offers a small reset — a way to find your bearings again as your baby grows into themselves.

Come Back Whenever You Need to

Whether it's a question, a wobble, a developmental leap, or simply a feeling that something is changing... you are always welcome.

[Book a Follow-Up Session](#)