

Mama & Me



Helene Moore

Pre- and Perinatal Infant Relationship Practitioner

Referral Overview for Obstetric
and Paediatric Professionals

A Complementary Approach in Maternity Care

- Listening before words

Mama & Me offers a gentle, body-led approach to supporting babies and their parents across pregnancy and early infancy.

The work is based on a simple clinical understanding:

babies communicate long before they have words.

Their experiences of pregnancy, birth, and early life are expressed through their nervous system, physiology, and behaviour.

By *listening before words*, we can begin to understand how these early experiences may be influencing regulation, feeding, sleep, and bonding.

This work can sit ***alongside prenatal, obstetric, neonatal and paediatric care*** and does ***not*** replace medical treatment.

When to Consider Referral

During Pregnancy

- Maternal anxiety, overwhelm, or difficulty connecting
- Previous traumatic or complex birth
- High physiological stress
- IVF or fertility journeys requiring emotional support
- Preparation for birth with a focus on bonding and regulation

Post Natal and Early Infancy

- Baby appears unsettled, distressed, or difficult to soothe
- Feeding or sleep challenges without clear medical cause
- Following instrumental, rapid, or traumatic birth
- Caesarean birth or early separation
- NICU/SCBU experience
- Concerns around bonding, attachment or connection

Maternal Presentation

- Birth experience feels unresolved
- Persistent anxiety or hypervigilance
- Emotional disconnection from baby
- A sense that “something isn’t settling” despite reassurance

What This Work Offers

- A space where ***mother and baby are both listened to***
- Support to process and integrate early experiences
- Nervous system regulation for both mother and infant
- Strengthening of early attachment and bonding
- Increased parental confidence and attunement

Clinical Boundaries

- Does ***not diagnose or treat medical conditions***
- Does ***not replace obstetric, paediatric, or mental health care***
- Works best ***alongside existing clinical support***

Often appropriate where:

no clear medical cause is identified, but difficulties persist.

How to Describe to Patients

“A gentle, body-based approach that listens to your baby’s early experience of pregnancy and birth, as well as your own.”

Programme Pathways

- The Early Story – The Beginning (Prenatal)
- The Welcome Story (First 6 Weeks)
- The Settling Story (0–6 Months)
- Follow-up support available
- The Creation Story (preconception/assisted conception)

Referral

www.mamaandme.co.uk

Referrals via direct introduction or patient self-referral.

Professional Background

Helene Moore integrates:

- Pre- and perinatal psychology
- Biodynamic craniosacral therapy
- Infant attachment, brain development & early trauma (NHS England Advanced Trained Practitioner)
- Advanced bodywork therapist (Amatsu system)

Member of APPPAH. Fully Insured.

A Final Note

Before babies can tell us their story,
they are already showing us.

When these early expressions are heard,
both baby and mother often begin to settle more easily.

Get in Touch

Please feel free to [contact me](#)