

# Mama & Me



## The Early Story

Supporting connection, trust and emotional readiness,  
before birth

3 prenatal sessions • **£475** (normally £555)

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 together begins.

## 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.

## What We Explore Together

Across three sessions, we gently explore the emotional and embodied landscape of pregnancy, tailored to your current priorities and can include:

### ***+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.

## 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.

## 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.

## Begin Your Story Together

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

[Book a FREE Discovery Call](#) to meet me and see if we fit