

Mama & Me



The Settling Story

Understanding the stories your baby tells through daily life

3 sessions · newborn to 6 months · **£475** (normally £555)

Every day, your baby gathers new experiences — through feeding, sleep, touch, movement, sound, and especially from your emotional world.

These experiences become ***their daily settling story*** — the ongoing narrative of how they are adjusting, learning, and feeling in the world.

In this programme, I help you listen to what your baby is expressing before words, so you can respond with confidence, connection, and ease.

This is where your relationship grows, moment by moment.

Why The Settling Story Matters

Your baby communicates constantly.
Not through words – but through:

- movements
- tensions
- cries
- breathing
- gaze
- patterns
- responses to touch and presence

When we learn to listen, we begin to understand *why* they behave the way they do.

This programme helps:

- Babies feel more settled and understood
- Parents feel more confident and attuned
- Feeding and sleep become easier through connection, not correction
- Early developmental experiences feel smoother
- The parent-baby bond deepens in everyday moments

This is where early parenting becomes less guessing – and more knowing.

What We Explore Together

Across three sessions, we gently explore the ongoing stories in your baby's daily life, including:

+ Feeding & Sleep Stories

Not necessarily to "fix" them — but to understand what your baby may be communicating through these rhythms.

+ Body, Breath & Sensory Stories

How your baby's nervous system is processing the world, and what helps them feel safe.

+ Developmental & Emotional Stories

How early experiences shape behaviour, comfort, and connection.

+ Your Story Together

Your rhythms, your emotions, your touch, your presence — and how they support your baby's sense of safety.

+ Your Own Body's Story

Because your nervous system sets the tone for theirs — and supporting you supports your baby.

This is holistic, relational, and deeply intuitive work.

Additional **follow up sessions** can be added as needed.

Who This Programme Is For

The ***Settling Story*** is for families who want to:

- Understand their baby more deeply
- Support emotional regulation and settling
- Strengthen early attachment
- Navigate feeding or sleep challenges with empathy
- Make sense of expressive behaviours
- Build confidence as parents
- Create a calm, connected family rhythm

This work is especially supportive during developmental leaps, big transitions, or when babies feel unsettled.

What You'll Leave With

Parents often leave feeling:

- More confident and connected
- More able to “read” their baby
- Less overwhelmed
- More in tune with themselves and their baby

Babies often:

- Settle more easily
- Cry less
- Sleep more peacefully
- Soften visibly
- Feel more secure in their bodies

Everyday life becomes smoother, calmer, closer.

Begin Your First Months with Confidence

I'd be honoured to support you as you grow into your story together.

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