

Mama & Me



The Welcome Story

Hearing how you welcomed each other into the world.

3 sessions within the first 42 days • **£475** (normally £555)

Birth doesn't create your connection, it simply changes the way you experience one another.

The Welcome Story is a gentle, supportive space to honour how birth felt for *you*, how it felt for *your baby*, and how those experiences are now shaping your early days together.

When mothers are given the space to have their unique story heard — without interruption, expectation, or judgement — their babies often settle naturally.

Because your nervous system is their first home, and when you soften, they feel it.

The Welcome Story helps you both find healing and ease after the intensity of arrival.

Why The Welcome Story Matters

The early weeks can feel tender, overwhelming, or beautifully intense — often all at once. Birth leaves impressions in the body and nervous system. For you. And for your baby.

Both of you are integrating an experience that was powerful and intense.

Research — and decades of clinical experience — show us that:

- When a mother is heard, her nervous system softens.
- When she feels safe, her baby often settles without needing “fixing.”
- When both stories are understood, the bond becomes clearer, calmer, and stronger.

Many of the early struggles (feeding, sleep, fussiness, body tension, emotional overwhelm) improve naturally once a mother is able to process what she has held inside.

Because your baby feels you too.

And when *you* are met with understanding, they can often find ease on their own.

What We Explore Together

Across three spacious sessions, we listen to the layers of your shared beginning — starting with you.

+ Session 1 — *Your Story*

A deeply held space for you to share your experience of birth exactly as it felt — in your body, your emotions, your expectations, your surprises, and your instincts.

No filtering or minimising. No story is too small. Nothing is dismissed.

This session is often a turning point.

+ Session 2 — *Your Baby's Story*

Once your story is acknowledged, your baby often shows their own story more clearly.

Gentle, body-led listening helps reveal where birth may still be expressed through their emotions, movements, breath, tensions, or cries — and what begins to ease once you and they have been heard.

+ Session 3 — *The Story You Share*

Your two stories meet here.

This is where connection deepens, where understanding grows, and where the early days begin to feel softer — because you are now 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 This Programme Is For

The ***Welcome Story*** is especially supportive if:

- Your birth was overwhelming, fast, long, or unexpected
- You feel unsettled and don't know why
- Your baby seems tense, fussy, or hard to soothe
- You sense your baby is carrying something from the birth
- Feeding, sleep, or settling feel emotionally charged
- You feel disconnected or conflicted about your experience
- You simply want a gentle, supported beginning as a family

Every welcome has a story to tell.

What You'll Leave With

Parents often describe leaving with:

- A deep feeling of being heard
- Emotional clarity
- Relief, release and softness in the body
- A stronger sense of connection with their baby
- Confidence in their instincts
- A calmer, more grounded early experience

And babies often leave with:

- Softer bodies
- More peaceful sleep
- Easier feeding
- Fewer "startle" patterns
- Greater comfort in being held
- A deeper sense of safety and attachment

Begin Your Welcome Story

If you feel ready to honour your beginning together, I would be honoured to listen with you.

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