

WEEK 1

SHARING BIRTH STORIES

WITH LOCAL MIDWIFE

PIPPA

As a qualified Midwife and mum of two young children, Pippa is the perfect expert to host our first Postnatal Pod session together.

Pippa's knowledge, experience and superpower to listen & nurture, which ensures a comfortable & welcoming start to our 6 week course.

Sharing your birth story alongside peers/other mums (who have recently given birth too and can really identify with what and how you are feeling) can be so powerful.

By doing so, not only does this bond and bring us together in such a unique way but it is vital to continue to share, talk, educate, bond, nurture and support each other, so those of you with more challenging birth stories to share, also get to hear & feel empowered.

We encourage you to participate in whatever way you are most comfortable ~ sharing as much or as little information as you feel.

This is a safe space for you to do so.



EXETER BREASTFEEDING

CONTACT PIPPA



www.exeterbreastfeeding.com



[Exeter Breastfeeding Service](#)



[Exeter Breastfeeding](#)

BENEFITS OF THIS SESSION:

- A slow, steady introduction to each other and the format of the sessions.
- Expert support should you need it
- A cathartic way to understand & process your labour (if needed)
- Build your community through shared experiences
- Develop relationships gradually with the other mums in your group
- Fosters empowerment & reduces any feelings of isolation
- Further support & signposting if needed.

WEEK 2

YOUR POSTNATAL BODY

WITH QUALIFIED TRAINER

DAVINA



FIT FOR ALL MUMS

CONTACT DAVINA



FitForAllMums.com



[Davina_fitness](https://www.instagram.com/Davina_fitness)



[Davina Donoghue Training](https://www.facebook.com/DavinaDonoghueTraining)

BENEFITS OF THIS SESSION:

- Understanding the physiology of your changing body & needs
- Scar massage for abdominal/
- C-Section surgery
- Pelvic floor explained & discussed
- Core restore & what this means
- How to check your tummy gap & tension
- Functional movement & exercises
- Returning to exercise safely
- Postnatal running guidelines
- Your questions answered
- How you're doing now as a mum as you adapt in your 'new normal'

Following on from the first session where we discovered more about each other's birth experience, week 2 is relevant whatever type of birth you had - be that a physiological or assisted/ or abdominal birth.

Hosted by Davina Donoghue, a certified National Academy of Sports Medicine (NASM) personal trainer since 2005, specialises in pre & postnatal fitness and is an advanced pregnancy & postnatal wellness practitioner.

Personally as a mum of two (one of each) Davina's knowledge & years of experience both professionally & as a parent means she is able to clearly explain the changes in our pregnant & postnatal bodies, sharing information & giving advice if needed which you rarely get to hear these days.

This easy to understand breakdown of how your postnatal body has evolved, what it (& you) have been through for the past 9 months plus - as you have grown your baby & how you can make slow/ informed choices & changes to recover.

Ensuring your body & mind become stronger & fitter over time in all the right ways for you.

WEEK 3

RECONNECT. RESTORE. REVIVE

WITH OSTEOPATH

LAURA

Laura is a qualified osteopath, with a special interest in women's health & postnatal well-being.

With experience both professionally & as a parent, Laura brings a calm, body-aware approach to navigating life after birth, however that looked for you.

Laura understands that women's bodies often hold complex stories of life, childbirth, surgery & other experiences that are often ignored especially when putting baby first means your needs get pushed away for 'another day'.

Advocating for women's health, her appreciation that these needs are unique & deserve special attention is at the forefront of Laura's practice & passion in what she does.

Her approach combines gentle, effective osteopathic techniques which you will discover more about in this third week of the Postnatal Pod.

So if you ever wondered what osteopathy is & how it could support you or your baby during your fourth trimester to feel reconnected with your body's natural healing abilities & a renewed confidence to trust in yourself & instincts as a mother ~ this session will do just that.



LAURA TURNER
OSTEOPATH

CONTACT LAURA



lauraturnerosteopathy.co.uk



[Osteopath laura](#)



[LauraTurner Osteopathy](#)

BENEFITS OF THIS SESSION:

- What is osteopathy?
- How can it support you?
- Postpartum & c-section recovery
- The Mummy MOT, what's involved
- Osteopathy for babies ~ what does it involve & benefits
- When to seek support, when not to worry
- Gentle body cues to tune into
- Stress-related tension
- Postural aches & strains
- Q&A ~ ask anything

WEEK 4

DIETITIAN

DR FRANKIE PHILLIPS

FRANKIE



NURSERY NUTRITION

DR FRANKIE PHILLIPS

Frankie is a registered dietitian & public health nutritionist with over 20 years' experience.

With a PHD in nutrition, Frankie has worked in the NHS as well as in academic research & has a wealth of knowledge which she shares in a sensible fad-free approach - specialising in maternal & childhood nutrition with her practical hands-on experiences with her own four children (including her twins).

Frankie has been writing for BBC Good Food since 2016 & we are lucky to have her host this session of the Postnatal Pod where the focus is on you & your needs as mummy to your baby.

A couple of Frankie's favourite quotes are 'you can't pour from an empty cup' and 'you need to put your oxygen mask on first'.

With an array of interesting & informative slides Frankie shares a realistic, non-judgemental talk for you to make the most out of your limited time, as you juggle the daily ups & down of looking after your baby & ensures you also consider your needs too.

A gentle reminder in not forgetting that you matter too & some insightful food for thought.

CONTACT FRANKIE



[BBC Good Food Article](#)



[Nursery Nutrition](#)

BENEFITS OF THIS SESSION:

- Nutrition across the lifespan
- Healthy weight - right size for me
- The first 1000 days
- Postnatal eating - Replenish, Refresh, Require
- What makes a healthy diet
- Energy & mood boosters
- It's not just about food
- Hacks to help you
- Recognising when your baby is ready for their first foods
- Looking ahead to weaning
- Signs of readiness

WEEK 5

SLEEP & PARENT COACH

JOCELYN SLEEP

LOUISE

This penultimate Postnatal Pod is a sleep support workshop for calmer bodies, calmer nights & calmer homes.

With more than 22 years supporting families, Louise brings a blend of clarity, emotional attunement & deep compassion in sharing the right amount of knowledge & answering all your questions.

Whether you are seeking calmer nights for your baby/ family or relief for your own exhausted body & mind you can be assured that Louise has a gentle, intelligent approach that she has also used when parenting her own children.

Her story shifted the ground beneath her feet, navigating trauma, solo parenting & chronic sleep deprivation taught Louise something no text book ever could.

Sleep struggles are not failures of discipline but often an overwhelm that mums typically find themselves carrying silently.

Knowledge is power & whatever age & stage you are in right now, this session will equip you with a clearer & better insight, & tips to understand what your baby's needs are as well as your own.



JOCELYN SLEEP

CONTACT LOUISE



JocelynSleep.com



[Jocelyn_Sleep](https://www.instagram.com/Jocelyn_Sleep)



[LouiseJocelyn Sleep](https://www.facebook.com/LouiseJocelynSleep)

BENEFITS OF THIS SESSION:

- A 10 question quiz will be emailed to you ahead of this session which helps you understand your child's sleep competency
- A personalised approach tailored to you & your baby's sleep needs
- What affects sleep
- Stress free settling techniques
- Understanding sleep associations
- When to reach out for help
- Practical tools
- Time for you to ask questions
- An invitation to on-going support from Louise if you choose

WEEK 6

FOURTH TRIMESTER REALITIES

THE CBT SPACE

SIAN

The final Postnatal Pod class together, hosted by Sian, a qualified Cognitive Behavioural Therapist based in Devon with a private counselling room at her clinic in Exmouth,

Becoming a mother is so much more than the pregnancy & giving birth.

You need to know that you are not alone - we were never meant to do motherhood alone & over the 6 weeks being together within your Postnatal Pod group you will have (and continue to) build your village.

It is common to feel isolated & lonely during this transition into motherhood, especially once partners have gone back to work & everyone returns to their routines ~ we're often left literally holding the baby on our own.

But who's holding you?

We openly chat about the highs & low's of our hidden journeys of becoming a mother ~ there's a term - Matrescence ~ which is the emotional, psychological & physical changes that occurs as a woman becomes a mother.

Navigating & supporting each other to normalise the fourth trimester is an uplifting & powerful conclusion to the Postnatal Pod.



THE CBT SPACE

CONTACT SIAN



TheCBTSpace.com



[thecbtspace](https://www.instagram.com/thecbtspace)



[TheCBTSpace](https://www.facebook.com/TheCBTSpace)

BENEFITS OF THIS SESSION:

- The realities of life with a new baby (whether that's your first or fourth)
- A peer-led/ safe space to share as much or as little as you choose
- The rollercoaster ride of being a mum/ mum-guilt/ comparisons etc
- Postnatal support for mums, particularly in the early stages when there is so much change
- Real & trueful conversations / a chance to talk to get past the surface level of your realities
- Impact on relationships & a chance to explore how you're feeling