

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.



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CONTACT SIAN



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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