

About Me

- My name is Clare Bartos. I am a mother of two boys now aged 10 and 12. I have been running Mother to Mother for the past 3 years, prior to which I had been primarily a mother at home for seven years. My interest in mother support and the whole field of pregnancy, birth and parenting led me to set up "Mother to Mother" and I have now worked with over 25 mothers. I have a special interest in breastfeeding and my other relevant interests include nutrition, health and cooking.

- I have nursing and midwifery qualifications and have been on two Doula U.K. training courses, one especially for post-natal doulas. I am a trained breastfeeding supporter and regularly attend courses and study days to keep myself up to date with breastfeeding and post natal issues.

- Being a mother made me realise how important support is during the early post-natal period. The importance of this is easily overlooked. The support I offer can help to give a mother the space, time and confidence she needs in order to maximise her enjoyment of early motherhood.

- References are available.