

Post natal support

Clare offers postnatal support to mothers and their families on a flexible, as needed basis. She works with mothers who are just recently home from hospital and mothers with slightly older babies-sometimes it is not until later that the need for support becomes apparent or desirable.

Postnatal support has been shown to increase breastfeeding duration rates and also reduce the incidence of post natal depression.('Mothering the Mother' by Klaus,Kennell and Klaus,1993)

Clare offers both practical and emotional mother to mother support enabling a mother to have the time, space and confidence to adapt to life with her new baby. The focus of support is on the mother, listening to her and enabling her to find her own way of mothering.

Post natal support might include:

- time chatting about and debriefing the birth
- time chatting about feeding and post natal issues
- practical support with your baby
- looking after your baby while you have time to rest, shower or sleep!
- help with other children
- help with shopping and cooking nutritious, tasty meals
- help with laundry and light household tasks
- help sourcing information or equipment