

## **Postnatal Pod**

**Postnatal Pod**  
**A 6 week course for mum & baby to attend**

### **When**

The course starts on **Thursday 10th June** and every week thereafter up until **Thursday 15th July**

### **Where**

**Woodbury Village Hall** (free parking available)

### **What**

**A 6 week course to meet other local mums with babies from newborn up to 6 months.**  
**Each session is hosted by a 'in-the-baby-business' specialist and Women's Wellbeing Experts.**

Please go to the website [www.rebeccarees.co.uk](http://www.rebeccarees.co.uk) for a week by week look at this unique postnatal course.

**Limited spaces currently available due to covid requirements being strictly adhered to.**

### **How Much**

A special lockdown price for this course only of just **£55 so book your spot now to avoid disappointment.**

This course will be at the normal/ full price in September.

## **Week 1 Hosted by Rebecca Rees & Qualified [Midwife Lynne Goreing](#)**

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 us with more challenging birth stories to share, also get to hear & feel empowered during our first session together. (It goes without saying that there will be tea & cake provided during these weekly get-togethers)

## **Week 2**

### **Hosted by [Laura Morgan-Knight, Founder of Mums Who Move](#)**

In our second week, we welcome Women's Fitness Coach LauraMorgan-Knight whose knowledge and years of experience (both professionally and as a parent to her two young children) means she is able to clearly explain the changes in our pregnant and postnatal bodies, giving you advice that you rarely get to hear these days.

This is relevant whatever type of birth you have had be that a physiological or abdominal birth.

This easy to understand breakdown of how your postnatal body has changed, what it (and you) have been through these past 9 months as you have grown your baby and how you can make slow, informed choices and

changes to recover and get your body feeling strong over time in the right way for you.

## **Week 3**

### **Hosted by Nikkie Huddart, Holistic Sleep Coach**

Not getting enough sleep can be so detrimental to all family members so little tips & tricks to know right from the start, really can make the world of difference.

Holistic, baby sleep coach and mumy to [\(FILL IN\)](#) Nikkie Huddart joins us to hear more about what support she can give to support you and your family at this time.

Discover valuable insights into knowing how to observe your baby's sleep cues, asleep & awake windows, the importance of naps and feel empowered to look forward to bedtime as you slowly establish longer sleep times so both you & baby get the rest you need.

## **Week 4**

### **Hosted by [Liz Watt, Mini First Aid Exter](#)**

Have you done a first aid course specifically aimed at parents?

The Postnatal Pod are thrilled to have Liz Watt of Mini First Aid Exeter & South Devon join us for our fourth session.

Liz, is a busy mum of 3 young boys, and is passionate to share her wealth of knowledge providing parents with first aid tips which will give you the

confidence to know what actions to take if faced with a medical emergency.

Mini First Aid's Multi Award winning classes are delivered in a relaxed and comfortable style and Liz is happy to talk more about what is covered in her full course and what to expect once you have booked on to a Baby & Child First Aid class at a later date.

## **Week 5 -**

**Hosted by [Lauren Elliott Vincent, Founder of Elliott Counselling](#)**

Meeting the needs of mums with new babies is a massive focus of the Postnatal Pod course and in our penultimate session Lauren Elliott Vincent BA Hons MBACP join us

Having formed stronger friendships as a group over the past 5 weeks, now having the opportunity to chat about shared experiences and how life has changed for you since welcoming your baby during these covid times is a lovely conclusion to our time together.

## **Week 6**

**Hosted by [Ruth Harvey, Pod & Pea Nutritionist](#)**

Our final session is with Ruth, a Registered Dietitian Nutritionist with over 12 years experience in the NHS and mummy to two children aged 5 and 7. It was Ruth's own journey into motherhood that inspired her to set up her business Pod & Pea Nutrition to enable parents to access unbiased, evidence based nutrition advice for themselves and their children.