



Mellow Bumps

7 Weekly Sessions

Antenatal (from 20-Week Gestation)



The group provides an inclusive, supportive, and welcoming space during pregnancy for mums-to-be to support one another in this exciting but uncertain time.

The 7 sessions will include activities tailored to you and your baby. Each session will be relaxed and will begin with a friendly welcome. We will help you focus on what your baby can do now and what they may need in the future. You'll also have the opportunity relax, laugh, and explore your own relationships and think about who can help you when your baby arrives. You'll share experiences and build friendships with other mums-to-be who may be experiencing similar feelings and concerns.

Everything discussed or shared during the sessions will be kept completely confidential. If any concerns arise for any group members, we are here to offer further support and guidance.

It is a great experience and it was nice meeting new moms. I feel closer to my unborn child and it was nice to spend the time I needed with my unborn child to get to know her inside the womb."

"I was able to speak, open up socially and emotionally in front of a group which is something I never do and usually feel too anxious or judged to"

"Being able to express my thoughts about my baby out loud to myself and to my surroundings has already strengthened our mother-baby bond and made me feel happier."



Mums Voices, Ireland, Scotland, Turkey 2024

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