

Mums' Circle

A Postpartum Support Group for Mothers



fernandez

Built for Birthing

Share your birthing journey and get support from experienced professionals.



Why a postpartum support group?

If you feel overwhelmed after having your baby, you are not alone. Four out of five women experience the baby blues after birth. This transition is a huge adjustment for everyone. A postpartum support group can help you handle the everyday challenges of being a new parent.



JOIN MUMS' CIRCLE

A Postpartum Support Group for Mothers.

Connect with new mothers, share all you want, and receive professional support.



How does Mums' Circle help?

Mums' Circle is for mothers who are in the postpartum stage. By being part of this group, you can get support for...

- Lactation
- Postpartum Health
- Infant Massage
- Baby Sleep
- Learning through play
- Baby wearing
- Handling Colic
- Weaning



Get support from professionals and peers in a safe environment. Share your thoughts, learn, and meet fellow mums. Come, join us.



The team

Mums' Circle has a range of specialists to care for you. The team includes Doulas, Physiotherapists, Lactation Consultants, and Dietitians.



The Mums' Circle schedule

| Week | Topic |
|------------|--|
| WEEK 1-3 | • Lactation support, postpartum health, early journey challenges |
| WEEK 4-6 | • Infant massage, baby sleep, handling colic, self-care of mum |
| WEEK 10-13 | • Learning through playtime, baby wearing, diapering |
| WEEK 16+ | • Weaning, introduction to solids |



Have a happy and healthy experience!

To book an appointment or
learn more about Mums' Circle



Call 73 37 32 08 95

