Sleep Made Easy

children sleep consulting

The Things Nobody Tells You After Pregnancy Class

The Things Nobody Tells You After Pregnancy Class is a gentle 3 week program, delivered over 12 spaced sessions, for expectant and new parents. It offers support with the emotional, physical, and practical realities of life with a new baby. In this exclusive program, you will gain valuable knowledge.
After all, knowledge is power.

TAKE CHARGE NOW

Dates Between: 7 - 22 July, 2026

Time and Venue: See Full Schedule

A Very Warm Welcome

My name is Aya, and I'm a **first-time mum** to a wonderful two-year-old boy, as well as a **Certified Children's Sleep Consultant**. But above all, I'm someone who deeply believes **that when mum is supported, everything else becomes a little easier.**

When I was pregnant, I felt ready. I loved my job, attended every antenatal class I could, and felt so excited for what was ahead. I even remember the breastfeeding class clearly; I left thinking, "This is easy. Baby will just know what to do because it's natural, it's mother nature." I was very wrong.

What I didn't expect was how much **motherhood would change me**. I didn't realise the depth of the **identity shift**, the exhaustion of **sleep deprivation**, or how much the **postpartum period** would affect my **mental health**. As a new mother, there is so much to think about, remember, learn and do; often all at once and many of the topics covered in this program are the parts of early motherhood that we don't always think about during pregnancy. I wish I had been more prepared for that.

And that's why I chose to do this work. As a mum, I know firsthand how hard these early months can be. In my work, I see so many mums going through the same struggles often quietly, and often feeling alone.

That's why I brought together **experts** to host the **12-session program**, **What Nobody Tells You After Pregnancy**, to offer support, understanding, and practical guidance through the **first year of parenthood** that no one really talks about.

My hope is that this space helps you feel seen, supported, connected and a little more prepared. Because you matter too.

Who is This Event For?

- First time parents
- Expecting parents
- Second time parents
- Parents looking for some self-care

Why Attend This Event?

Expert Support Across Every Key Area

From first aid and sleep to lactation, physiotherapy, counselling, and midwife guidance, mums get access to trusted professionals who can help with the most common early motherhood challenges.

Practical Help for Real Life After Birth

This isn't just theory, the program covers the things mums actually need, like baby sleep, feeding, SIDS awareness, postpartum recovery, and what to expect in the first year after delivery.

Support for Your Mental & Physical Wellbeing

With life coaching, postpartum counselling, meditation, and pregnancy/postnatal yoga, the program helps mums care for themselves as well as their baby.

Relationship and Partner Support

New parenthood affects the whole family, so sessions like relationship therapy and "Partners: Being a Support System" help couples communicate, adjust, and support each other better.

Reassurance, Confidence, and Community

Hearing from experts and other parents helps mums feel less alone, more informed, and more confident in their decisions during a very overwhelming stage.

Areas of Support

Lactation Consulting

Receive evidence-based support for feeding, latch, and common breastfeeding challenges.

First Aid Training

Learn essential first aid skills so you feel calmer and more prepared in an emergency (newborn +).

Easing into Motherhood

Let loose the invisible pressure mums carry and bring it into awareness and recovery.

Parent Coach

Get guidance on the everyday challenges of parenting with more confidence and less overwhelm.

Post Natal Counselling

Find space to process the emotional side of postpartum and get support when you need it most.

Anxiety, stress and anger in motherhood

Understand these natural emotions nad have tools to take back control

Sleep Consultation

Learn about sleep, the importance of sleep deprivation and strategies you can implement from day one

Postpartum Nutrition: How to Eat Right

Postpartum nutrition helps your body recover after birth and supports your energy, mood, and healing. It focuses on simple, balanced meals and hydration to help you feel your best.

Physiotherapy Session

Support your body's recovery with expert advice on movement, strength, and postpartum healing.

Pregnancy/ Post-Natal Yoga

Improve mobility, release tension, and support your body through pregnancy and after birth.

Real talks with a Midwife

Ask honest questions and get straightforward guidance on birth, recovery, and newborn care.

Relationship Therapist

Help partners understand how to show up with practical, emotional, and consistent support.

3 Week Schedule - Week 1

Date	Session	Time (BST)	Venue
7 JULY	Baby and child **first aid** workshop	10 AM - 1:00 PM	Pebble & Nest (Chelsea)
9 JULY	Real Talks with a **Psychotherapist**: Understanding Your Mental Health and Wellbeing Postpartum	11:00 - 12:00 PM	Online
9 July	**Nourishing** yourself **post-partum**	12:15-1:15 PM	Online
10 JULY	**The Good Enough Mother:** Inviting Ease into **Motherhood**	2:00 - 3:00 PM	Online
10 JULY	**Postpartum Recovery** & **Pelvic Floor Health**	3:00 - 4:00 PM	MAD (Mayfair)

For face to face sessions, snacks + drinks will be included (Babies are welcome to join)
All online sessions will be recorded in case you cannot attend live

Week 2

Date	Session	Time (BST)	Venue
14 JULY	Babyhood: Boundaries & Confidence as a Parent "Right" from the Start, with **Parent Coach**	9:30 AM - 10:30 AM	Online
14 JULY	Feeding with confidence: **Lactation consulting** for mums	10:45 AM - 12:15 PM	Online
14 JULY	Us After Baby: How Young Children Reshape Relationships and How to Stay Connected with **psychotherapist**	12:30 - 1:30 PM	Online
15 JULY	Get your move on: Pregnancy / post natal **yoga class**	2:00 - 3:00 PM	MAD (Mayfair)

Week 3

Date	Session	Time (BST)	Venue
21 July	Real talk with **midwife** Beth: What happens after you go home?	10:00 - 11:00 AM	Online
21 July	7 most important sleep tips from day one with **sleep consultant**	11:15 - 12:15 PM	Online
22 JULY	Us After Baby: How Young Children Reshape Relationships and How to Stay Connected with **psychotherapist**	11:00 - 12:00 PM	Online
22 July	**Postpartum Nutrition**: Supporting **Recovery**, **Energy** & **Hormones** After Birth	12:30 - 1:30 PM	Online

Agenda - Week 1

7 July
10:00 - 1:00 PM

VENUE:
PEBBLE & NEST
SW3 4NX

Baby and Child First Aid Workshop with Safety First Aid Training

This awareness session introduces participants to **paediatric Basic Life Support** and **key first aid responses** for **infants** and **children**. Participants will **learn how to assess an emergency** using the **DRABC primary survey**, place a **child or infant in the recovery position**, **perform CPR**, respond to **choking**, and understand when and how to call 999. The session also includes brief awareness of selected common emergencies such as **bleeding**, **burns**, **seizures**, and **allergic reactions**.

With demonstrations and hands-on practice, the session gives participants practical confidence in **responding to life-threatening situations.**

Hosted by: Safety First Aid Training

Safety First Aid Training

9 July
11:00 - 12::00 PM

ONLINE

Real Talks with a Psychotherapist: Understanding Your Mental Health and Wellbeing Postpartum

Join Megan for this session exploring **mental health** and **wellbeing** during the **postpartum period**. She'll discuss the **common emotional, psychological, and identity changes many new mums experience after birth**, along with some of the **challenges that can arise during this transition into motherhood**. Drawing on both professional knowledge and experiences from Megan's therapy practice, she'll share information to help you better **understand your experiences after birth**, **recognise common mental health** and **wellbeing challenges**, **learn practical ways to manage** them, and **identify signs** that additional support may be helpful.

Megan is a **fully registered BACP counsellor** and **psychotherapist specialising** in **perinatal mental health**. She **support clients through pregnancy and motherhood**, helping them **navigate difficult moments** and **build greater confidence, self-understanding, and joy in motherhood**.

Hosted by: Megan, Psychotherapist & Founder of Mother Nurture Therapy

Mother Nurture THERAPY

Agenda - Week 1

9 July
12:15 - 1:15 PM
ONLINE

Nourishing Yourself Post-partum

Join Clementine, **Registered Dietitian** and founder of Third Sister, for a session on **postpartum nutrition. This talk takes an evidence-based look at what new mothers really need to know about nourishing their bodies in the weeks and months after birth.**

Through practical guidance, she'll cover the **different stages of postpartum recovery from day 0 to 12 months,** highlighting the **key nutritional focus at each stage** whilst taking into account **different birth experiences** and **baby feeding methods. Alongside the nutrition advice,** Clementine will discuss the **fine balance between managing post-partum body-image concerns** and **maintaining a healthy weight both after and between pregnancies.**

This will also be an opportunity to ask any diet and nutrition related questions for any stage of your pregnancy journey.

Hosted by: Clementine, Founder of Third Sister

THIRD SISTER
REGISTERED DIETITIAN

10 July
2:00 - 3:00 PM

ONLINE

The Good Enough Mother: Inviting Ease into Motherhood

Join Emma, a **certified holistic life coach** and mum **specialising in women's health and wellbeing**, for a supportive session **helping women ease into motherhood.**

Underneath the weight of motherhood are often invisible pressures we carry about what motherhood should look like - **how we should feel, how we should look, how we should be coping, how we feed our babies, and how we show up in our work and relationships like nothing happened. Over time, these quiet expectations create exhaustion, frustration, and a sense of never quite being enough.**

Together, we gently **bring this pressure into awareness and begin to soften it.** Through **reflection, shared insight, and simple practical tools, you'll reconnect with a more compassionate and realistic way of meeting yourself in motherhood to find more ease and joy.**

EMMA.DIDDI

Hosted by: Emma Diddi, Founder of EMMA.DIDDI

Agenda - Week 1

10 July
3:00 - 4:00 PM

VENUE:
MAD (MAYFAIR)
W1K 6ZG

Postpartum Recovery & Pelvic Floor Health

While Olivia offers specialist **prenatal** and **postnatal physiotherapy,** this specific session will focus on what comes next - the post. From **pelvic floor health** and **pelvic pain to the physical changes** of pregnancy and **rebuilding strength** after birth, her tailored approach helps you feel comfortable, confident and supported at every stage.

Olivia is a **Master's-qualified physiotherapist** with **five years' specialist experience** in **women's health** across the **NHS and private practice**. With **advanced POGP and Mummy MOT certifications**, she has expertise in **pelvic floor dysfunction and prolapse assessment and treatment**.

Using a holistic, evidence-based approach, Olivia focuses on finding the root cause of symptoms and creating personalised treatment plans for lasting results.

Hosted by: Olivia, Founder of LivPhysio

LivPhysio
WOMEN'S HEALTH PHYSIOTHERAPY

Agenda - Week 2

14 July
9:30 - 10:30 AM

ONLINE

Babyhood: Boundaries & Confidence as a Parent "Right" from the Start, with Parent Coach, Julia

Julia is a **Certified Montessori Educator (ONM)** specialising in **early childhood** and **PCI Certified Parent Coach®**. She **helps parents grow respectful, trust-based relationships with their children, starting from birth**. Through **evidence-based strategies** & **heartfelt communication**, parents discover that confidence and connection aren't things you either have or don't, they're things you build, one small step at a time.

Babyhood is hard: the **endless demands**, the **unsolicited advice**, the **pressure to hold everything together**; it adds up. In this session, **Julia cuts through the noise** to help you find your footing. She'll **explore how to: set loving but firm boundaries** with **family and in-laws**, **define fairness in your shared partnership**, **carve out a self-care rhythm that actually fits newborn life**, and **quiet the negative self-talk that says you're getting it wrong**.

Whether it's navigating asking for help without guilt, or staying steady when everything feels too much. This session gives you practical tools and the strength to trust yourself as the parent your baby already knows you are.

Hosted by: Julia Wilcox, Founder of LINK Parent Coaching

14 July
10:45 - 12:15 PM

ONLINE

Feeding with Confidence: Lactation Consulting for Mums with Beth

Join Beth Graham, a **highly experienced midwife** and **International Board Certified Lactation Consultant (IBCLC)**, for an **informative and supportive session on breastfeeding**. Supporting families since 1990, Beth **previously worked with the renowned Portland Hospital** and now practises as a **private lactation consultant**.

In this session, Beth will **share practical, evidence-based guidance** on **establishing breastfeeding**, **navigating common challenges**, and b**uilding confidence in the early days of feeding**. Her warm, reassuring approach aims to help parents feel informed, supported, and empowered.

Hosted by: Beth Graham, Founder of the new Parenting App 'This is Your Baby'

Agenda - Week 2

14 July
12:30 - 1:30 PM

ONLINE

Us After Baby: How Young Children Reshape Relationships and How to Stay Connected

The transition to **parenthood can be deeply meaningful**, but it **often places real strain on a couple's relationship**. In this session, Dr Galit Haviv-Thomas will explore **common challenges** such as **sleep deprivation,** the **mental load**, **shifting identities**, **conflict, intimacy**, and **emotional disconnection**.

Drawing on **Emotionally Focused Therapy,** she will **help couples understand negative cycles** and **offer practical tools for communication, intimacy reconciliation, reconnection** and the most important skill, **repair**.

Dr Galit Haviv-Thomas, who has **extensive experience supporting couples** through different stages of life is a **Systemic Family Psychotherapist**. With particular interest in how relationships change after childbirth, she has worked in both **NHS and private practice**, supporting couples and families through the challenges of family life.

She brings a warm, thoughtful, and practical approach to her work, with a focus on what actually helps in the realities of everyday family life.

Hosted by: Dr Haviv-Thomas, Systemic Family Psychotherapist

15 July
2:00 - 3:00 PM

VENUE:
MAD (MAYFAIR)
W1K 6ZG

Get Your Move On: Pregnancy / Post Natal Yoga Class with Charlotte

Join **Charlotte** from **MAD** for an uplifting **pre-and post-pregnancy yoga class** designed to support you through every stage of this incredible journey. Move **safely** and **mindfully** as you adapt to the **changes of pregnancy and recovery after birth**, with a class that helps you feel stronger, more connected, and more confident in your body.

Charlotte is a **Level 3 Mat Pilates teacher** with a **deep passion for anatomy and movement**. Her classes are all about **alignment, posture, and purposeful movement**. Her class leaves you feeling empowered and proud of what your body can do.

Whether you're expecting or postnatal, this session is all **about supporting your body, boosting your wellbeing, and making space to move, breathe, and feel amazing**.

Hosted by: Charlotte, Level 3 MAT Pilates Teacher at MAD

Agenda - Week 3

21 July
10:00 - 11:00 AM

VENUE:
ONLINE

Real Talk with a Midwife Beth: What Happens After You Go Home?

Join Beth Graham, a **highly experienced midwife** with **over 35 years'** experience, for an empowering and reassuring session designed to help you feel ready for life at home with your new baby.

Bringing your baby home is a huge milestone; exciting, emotional, and sometimes overwhelming. In this practical and supportive session, Beth will guide you through **what to expect in those first precious days and weeks**, helping you feel more **confident, calm, and prepared** as you begin your journey as a new parent.
You'll **explore the physical and emotional realities of recovery after birth**, alongside **essential newborn care** guidance. Beth will cover everything from **nappy changes**, **wees** and **poos**, **burping**, **settling** and understanding your **baby's cues**, to **common newborn topics such as jaundice, umbilical cord care, skin care, cleaning**, and **bathing**.

This session is packed with practical tips, reassurance, and expert advice to help you navigate early parenthood with confidence.

Hosted by: Beth Graham, Founder of the new Parenting App 'This is Your Baby'

21 July
11:15 - 12:15 PM

VENUE:
ONLINE

7 Most Important Sleep Tips From Day 1 with Children Sleep Consultant, Aya

Join Aya for a **sleep consultation session,** a **certified Sleep Sense™ Consultant** and **expert in gentle, easy to follow and practical sleep support**. Aya will share her **7 most important sleep tips** to help you and your little ones get better rest, drawing on her experience working with families from **newborns through to 7-year-olds.** Her approach designed to leave parents feeling more confident and supported.

During this session, you'll explore how to **transform your child's sleep experience from day one;** covering everything from **routines** and **naps** to **scheduling**, **sleep sanctuary**, and **more**. Whether you start applying these strategies from day one or later on, the guidance will help you build healthy structure and support better sleep habits.

Hosted by: Aya, Founder of Sleep Made Easy, Children Sleep Consultant

Sleep Made Easy
children sleep consulting

Agenda - Week 3

22 July
12:30 - 1:30 PM

ONLINE

Postpartum Nutrition: Supporting Recovery, Energy & Hormones After Birth

Pregnancy, **birth**, **sleep deprivation**, **hormonal shifts**, and **caring for a baby** place **huge demands on the body**, yet many **women receive little support** for their own postpartum recovery. In this practical session, **women's health Nutritional Therapist Anna Estop-Hall** will **explore the key nutritional and hormonal changes** after **birth**, why many **women feel exhausted, anxious, overwhelmed, or "not themselves,"** and **simple ways to support energy, mood, recovery, and hormone balance**.

The session will cover **common postpartum symptoms** and **why they happen**, including **changes in blood sugar**, **energy**, and **hormones**. It will also **explore nutrient depletion** and **recovery**, **easy ways to nourish yourself** in early motherhood, how to **support mood, stress, and the nervous system**, and **what to expect as periods and hormones return.**

Hosted by: Anna Estop-Hall is, Nutritional Therapist specialising in women's hormone health

ANNA ESTOP-HALL
WOMENS HEALTH NUTRITION

Complementary Picnic Meet & Greet

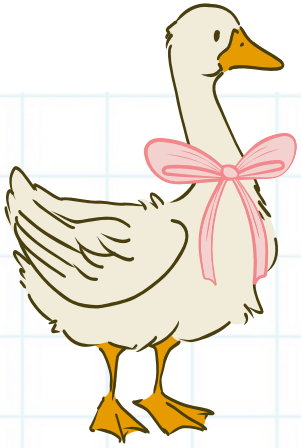
4th July

10:00 - 12:00 PM

Hyde Park, Kensington Entrance

This is a complimentary picnic to meet other parents who are at the same stage in life. Also a great chance to meet up with some speakers. Please let me know if you'll be coming for snacks and non-alcoholic drinks.

If you have children, feel free to bring them along.
The location will be shared later.



Pricing Structure

FILL FORM HERE

Sessions	Super Early Bird Pricing Valid till May 30	Final Price
First Aid Session	**£75**	**£90**
Face-to-face sessions	**£60**	**£100**
Online Sessions	**£170**	**£250**

IF YOU WOULD LIKE TO BOOK INDIVIDUAL SESSIONS THAT IS POSSIBLE FOR £35 EACH

In order for an invoice to be sent, please fill out this form so I can see which sessions you would like to register for and send you a personalised invoice.

If you would like to schedule a call, please email me on aya@sleepmadeeasy.com

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Event Ambassadors

Natalie Edward-Yesufu - Founder of ELVÉ

Natalie Edward-Yesufu is a multi-award-winning producer, entrepreneur, and community builder with over a decade leading **Transition Stage Company**, **producing 50+ new plays and 3 films**. She also f**ounded Enter.Stage.Write** and **StoryTown**, connecting creatives with organisations including the **BBC**, **BFI**, **Channel 4, BAFTA**, and **Disney**.

After **becoming a mother at 42**, Natalie **experienced unexpected isolation** and the **challenge of balancing wellbeing**, **identity**, **ambition**, and **family life**. This **inspired her to launch ELVÉ** in 2024, a **lifestyle and events company** offering **education**, **community**, and **curated experiences** for **women to grow, connect, and thrive**.

A **classically trained actor, lecturer,** and **storyteller, Natalie has turned her own experience of starting over into a platform that supports women holistically**.

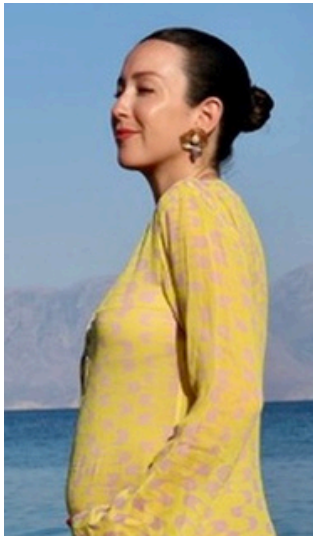
ELVÉ

Jessica Houlders - Founder of Lifewiththehoulders

Jessica is a mum of four who shares the real, honest journey of motherhood and life with a big family. As a mum influencer, she gives her audience an authentic look at the highs, the challenges, and the everyday reality of raising children.
Having faced challenges such as sleep deprivation and the pressures that come with motherhood, Jessica has come through the other side and continues to thriving. Her openness, resilience, and positivity make her a true inspiration to other mums.

That is exactly why I am so proud to have Jessica as part of this event. She represents strength, honesty, and the power of sharing real motherhood experiences.

Event Ambassadors



Sana Bazian - Founder of Thesanaedit

Sana is mum to a lovely little girl and shares an honest, uplifting insight into life as a mother. After taking maternity leave from her corporate role, she began documenting her journey with her daughter showing the real moments of motherhood, from the beautiful highs to the challenges many women do not always expect.

Through her page, Sana speaks openly about the realities of life after pregnancy, including sleep struggles, changes in skin, fertility, identity shifts, returning to work, and finding yourself again as a woman and a mum.

Now back in her corporate role and thriving more than ever, Sana is in such a positive place and continues to inspire new mums with her openness, warmth, and honesty.

I am so happy to have Sana as an Event Ambassador, as she truly understands and openly shares the struggles women can face after pregnancy.

Ivone - Mother, Professional & Voice for Modern Motherhood

Ivone is the great intersection of the modern mother, graceful, ambitious, and refreshingly candid about the extraordinary journey that motherhood brings.

Having worked at the world's most recognised companies, whilst wholeheartedly dedicating herself to raising her three children, including her newest arrival, Ivone brings both elegance and honesty to the conversations that matter most.

Now on maternity leave, she speaks candidly about the emotional complexities, the pull towards one's professional self, and the irreplaceable value of finding your people. Ivone's greatest gift is her authenticity; she holds space for the truth that ambition and motherhood are not in conflict, but are, in fact, deeply complementary.

Her values align perfectly with the purpose of this event. She is a gentle yet powerful reminder that every mother deserves community, connection, and the freedom to speak openly because no mother should ever navigate this journey alone.

Thank You

Your journey is unique, and I'm here to support you every step of the way.

To discuss a tailored plan or ask any questions, please get in touch below.

Get in Touch!

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www.sleepmadeeasy.com