

Services	Clinic	Home	Online	Notes
Breast feeding assessment & support	£100	£180	£60	Professional/Friendly support, advice and information sharing Assessment of Mother and baby feeding. Observing you breastfeed. Identifying feeding issues plus education tips and technique provided to overcome practical issues. Explore and Practice diff. feeding positions and latchment. Reassurance and a non-judgmental positive relaxed formulation of a personalized breastfeeding plan what works for you. Assisting you to consolidate it. Settling on the Breastfeeding that works for you and your baby. Duration 1hour.
Non-breast feeding support	£100	£125	£60	Non-judgemental support. Education and support with preparing feed. Responsive baby feeding Understanding she wants the best for her baby. Release stress for mother and family. Support with baby feeding
Tongue Tie Assessment			£40	As an add-on or Online only. Duration 20 Mins.
Tongue Tie Assessment, Division and Feeding Support	£180	£250	-	Detailed assessment of your baby's tongue. Division of the Tongue Tie. Next day follow up.

				Free unlimited text message for 1week
Baby Massage	£80	£120	-	1 hour
Antenatal & Postnatal Massage	-	£100 each/both £250 (package)/+Reflexology one session each £50	-	3 Packages prepaid in advance Major stress reliever Option of having 3sessions antenatally or postnatally depending on stress level. Additional sessions £50 each
Antenatal & Postnatal Reflexology	-	£80 each/ £120 (package)	-	2 Packages. Relaxing reflexology at the comfort of your own home. Education and follow up to any issues identified. Referral to GP if necessary
New Baby Bath (+Massage, Cord care)	-	£250	-	Relaxing baby bath Baby massage Education for settling baby. Baby cord care Baby dressing
Baby Boy Circumcision	-	£200	-	Traditional and religious circumcision of male infants at your convenience at your home
Free New Mum Support Group	-	-	-	Peer support Birth experience Experience sharing
Postnatal Support Workshop	£50	-	-	Professional Friendly support and advice Questions answered Concerns explored Education to empower you care for your baby and self Peer support

Antenatal Support Workshop	£50	-	-	Professional friendly support and advice Questions answered. Concerns explored. Education to help you feel prepared moving forward
Antenatal/Postnatal Support for Parents		£300		3 sessions each session is up to 1 hour. (prepaid in advance) Tailored consultation. Address practical issues and concerns Help you set realistic expectation of yourself and baby. Leave you feeling more confidence. Boost your confidence. Empower you to look after your baby and achieve success in your preferred method of feeding your baby Relieve your stress. Positioning, latch, oral assessment, including Tongue Tie 202122 # / / .. One visit can be done prior to the birth of your baby (we get to know each other so that you can feel confident to call us to support you}