



Launch of Seed Childbirth Collective May 21'

By Kate Kirrane, co-founder of local health and wellbeing company Seed Wellness

Having a baby is an amazing and life-changing experience. However, the journey to childbirth and beyond can be both daunting and challenging. In these times of Covid it's been particularly hard, with many new parents and parents-to-be struggling to find the care and community they need, leaving them feeling isolated and unsupported.

Launching this month, Seed Childbirth Collective (SCC) plans to change all of that. Comprising a collaborative team of local, highly qualified perinatal teachers, practitioners and other experts, SCC offers a full range of pre & post-natal services to help support parents at every stage of their journey.

Said SCC's co-founder, Jen Suri, "As parents ourselves, we understand the challenges. And while the likes of NCT offer much-needed services, the reality is that parents and parents-to-be often need more support, all the way from pre-conception to beyond birth.

"We wanted to address this need and create a one-stop concept that supports their health and wellbeing in a more holistic way, covering areas that can be really beneficial for mum, partner, bump and baby, from diet to stress management and hormonal imbalance to hands on support."

The aim? To help people navigate the ups and downs of this journey, providing them with a sense of community and helping them feel as healthy and balanced as possible at this critical time.

Housed within the Seed Wellness website,

Seed Childbirth Collective will offer ongoing, relevant information and advice, links to current topics, themes and conversations, blogs and contact information for all therapists, teachers and practitioners.

As with everything we do at Seed, our aim is to inform and inspire parents so they feel empowered to make the best possible choices for themselves and their baby. We believe that with the right support, they can enjoy this amazing journey to its maximum.

So, what exactly does Seed Childbirth Collective offer?

SCC covers 3 areas: **Preparing for Pregnancy; Pregnancy; and Birth & Beyond.** This includes specialist fertility nutrition, therapies & mental health support; specialist exercise including yoga, Pilates, & Core Restore; antenatal classes; hypnobirthing; nutritional support; local doulas and midwives for women wishing to give birth at home; sleep coaching; breastfeeding support; complementary therapies such as specialist massage, osteopathy, craniosacral therapy, reiki; remedies such as naturopathy, homeopathy; essential oils, medicinal herbs and flowers; appropriate skin and bodycare for mum and baby, scar tissue treatment; mental health support for postnatal depression / trauma and more. ■

For more information, visit seedwellness.co.uk/childbirth

Or follow us on social:

FB/Insta: @seedchildbirthcollective



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