



Little Lotus Baby

## The Natural Soothe, Settle & Sleep Program

*Our society has a mixed approach to baby care and parenting styles*

This Program uses simple instinctive techniques to help soothe, settle and calm baby. Babies often enjoy simple and uncomplicated activities. They love faces, voices, cuddles and crave comforting conditions similar to those in the womb.

This Program doesn't involve having to buy expensive equipment, toys and stimulation devices, instead it will give you the skills to help you relax your child for life.

The methods we suggest will;

- help to further and develop the bond you have with your child using touch to facilitate communication and understanding. *If your baby is unsettled or tense it is important to understand that it isn't because you are doing things "wrong", you have a "difficult baby" or you are a "bad parent". It takes a while to get to know your baby.*
- help build confidence in your ability as a parent and help you respond to your child's desire for touch and close nurturing.
- Help build your confidence and knowledge to be able to discuss your choices and reasons with others (this can be a big part of building confidence for some new parents).



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*A happy relaxed mum  
makes a happy relaxed  
baby*

This programme will help you feel confident to parent the way you want to parent. It is your decision how to parent. There is no “right” way. If it feels right to you and your baby responds with positive cues then you can feel happy that things are developing well.

Within the Programme we will explore how we can help to soothe, settle and encourage positive sleeping through;

### **Bonding:**

Identify the things you and your baby enjoy and can do together rather than the things you think you should be doing. This may mean holding baby more than you do at the moment or giving baby a bit of space from you if you are overly anxious about him/her.

### **Exploring relaxation for parent & baby**

Understanding the importance of relaxation for parents and babies and the affects stress can have upon babies.

### **Baby Massage**

Learn the power of a supportive touch through baby massage. A touch can communicate affection and support instantly as well as aiding with development and soothing teething/wind/constipation/colic/common colds

### **Baby Yoga**

Exploring positive & calm stimulation that can aid with development, relaxation and sleep.

### **Environment**

We will think about the environment your baby is sleeping in and how we may enhance the space to promote positive relaxation. We will also explore the use of aromatherapy for babies within this section.



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## Course or Workshop?

*Time is precious so use it  
wisely*

It is entirely upto you how you want to experience the Soothe, Settle & Sleep programme. To help you make the right decision for you and your baby here is some information of the two different options;

### **Course**

**£40**

4 sessions that are around 45/60 minutes

Week 1: Introductions, bonding, relaxation & finding out about the babies and parents on the course to aid with further support.

Week 2: Baby Massage focus

Week 3: Baby Yoga focus

Week 4: Re-cap and exploring the environment & aromatherapy

After the course you will have access to further support joining the Little Lotus Baby Mamas & Papas group on Facebook as well as receiving details about the Chit Chat Play Mat sessions I run at the studio as a free meet up session for parents and tots.

### **Workshop**

**£25**

1 session lasting around 60 minutes

I will need to gain some information in advance of the workshop to ensure that I am able to cherry pick some of the themes from the course that will best suite you and you baby at this point in time.

You will receive the rest of the information via PDF handouts emailed to you for home reading.