

# WEEK 1

SHARING BIRTH STORIES

WITH LOCAL MIDWIFE

# PIPPA

As a qualified Midwife and mum of two young children, Pippa is the perfect expert to host our first Postnatal Pod session together.

Pippa's knowledge, experience and superpower to listen & nurture, which ensures a comfortable & welcoming start to our 6 week course.

Sharing your birth story alongside peers/other mums (who have recently given birth too and can really identify with what and how you are feeling) can be so powerful.

By doing so, not only does this bond and bring us together in such a unique way but it is vital to continue to share, talk, educate, bond, nurture and support each other, so those of you with more challenging birth stories to share, also get to hear & feel empowered.

We encourage you to participate in whatever way you are most comfortable ~ sharing as much or as little information as you feel.

This is a safe, private space to do so.



EXETER BREASTFEEDING  
SERVICE

CONTACT PIPPA



[www.exeterbreastfeeding.com](http://www.exeterbreastfeeding.com)



@exeter\_breastfeeding\_service



@Exeter Breastfeeding Service

## BENEFITS OF THIS SESSION:

- A slow, steady introduction to each other and the format of the sessions.
- Expert support should you need it
- A cathartic way to understand & process your labour (if needed)
- Build your community through shared experiences
- Develop relationships gradually with the other mums in your group
- Fosters empowerment & reduces any feelings of isolation
- Further support & signposting if needed.