

How can a mothercraft help you?

A mothercraft is a person specifically trained to help parents with some of the challenges that arise when parenting your child. A mothercraft will come to you in your home, so that there's no need to bundle up your baby and all their paraphernalia to head into unknown territory. They will spend four or more hours, coming alongside you and your child, assessing the situation and then working in partnership with you to help find a way forward. They will then support you in teaching you how to put that advice into action. Each family is unique, there's no one size fits all, so a mothercraft will tailor her advice to suit your individual family unit.

Some common areas of difficulty encountered by parents that a mothercraft can help with include:

- Sleep and settling techniques
- Breast feeding support and education
- Bottle feeding support and education
- Newborn support and guidance
- Routine management and guidance
- Weaning advice and introduction of solids advice and support
- Behavioural difficulties

A written report as well as a follow up phone call will be provided, so that you don't have to rely on a sleep deprived memory for the strategies and techniques discussed during the visit.

A mothercraft works alongside parents to assist in gaining confidence and skills in parenting and to find the best outcome for their family and their situation.

