

Introducing The Maternity Network. A group of qualified therapists and class teachers who aim to enhance your experience of pregnancy and birth.

We are based in and around Reading. Many of us will visit other local areas.

The website www.thematernitynetwork.co.uk has further information, articles and special offers on our therapies and classes.

We aim to offer you choices throughout your journey to becoming a mum and your new life with your baby.

Examples of our website articles include:

- Infertility, support and advice
- Birth story: A planned breech birth
- Birth story: A terrific second birth after her traumatic first birth
- How to get breastfeeding off to a good start
- Slings vs carriers
- Birth trauma
- Homebirth information

For more information, birth stories, and links visit www.thematernitynetwork.co.uk

Infertility Support

www.infertilitynetworkuk.com

Positive Birth Support Groups

Support to book a homebirth, hear positive birth stories from parents, meet other positive and homebirth parents and gain confidence in your birth plans. Book libraries etc. available. You may attend one or all groups!

www.positivebirthmovement.org

Reading – monthly meetings, contact Grace Collins: doulagrace1@gmail.com

Home Birth Support Groups

www.homebirth.org.uk

Reading – monthly meetings, contact Linda Cook: enquiries@readinghomebirth.org.uk

Sources of breastfeeding information & support

National Breastfeeding Helpline
T: 0300 100 0212

Association of Breastfeeding Mothers
T: 08444 122 949 www.abm.me.uk

Breastfeeding Network
T: 0300 100 0212 www.breastfeedingnetwork.org.uk

Le Leche League
T: 0845 120 2918 www.laleche.org.uk

www.kellymom.com
www.biologicalnurturing.com

Tongue Tie Support

See www.thematernitynetwork.co.uk for information about tongue tie, what it is, what can be done and personal stories of successful breastfeeding.

Visit www.naturesmothers.co.uk

Maternity Hospitals and Birth Centres

Royal Berkshire Hospital Rushey Midwife Led Unit and Labour ward, Reading

Wexham Park Isis Birth Centre and Labour ward, Slough

Frimley Park Hospital, Surrey

John Radcliffe Spires Birth Centre and Labour ward, Oxford

Wallingford Birth Centre, Wallingford



the maternity network
Smoothing the journey to becoming a mum

Guide to Local Complementary Therapists & Mum & Baby Classes

Every woman deserves to have a satisfying and empowered pregnancy and birth.

Meet our close-knit team of professional, qualified and experienced fertility, pregnancy and baby complementary therapists and teachers

thematernitynetwork.co.uk

Preconception

Fertility Awareness Training

A non-invasive scientific approach to fertility management which enables you to plan or avoid a pregnancy with confidence, confirm ovulation, learn how your body works.

Contact: **Katy Fello**

T: 07557 979142 www.naturalfertilityclinicberkshire.co.uk

Also consider Acupuncture, Homeopathy, Nutrition and Reflexology to assist in your conception journey.

Pregnancy

Pregnancy & Newborn Photography

Specialist pregnancy and newborn photographer trained to the highest standard in the art of newborn photography. Offering luxurious photography and stunning products.

Contact: **Tina Cleary Expecting Photography**

T: 01189 422151 www.expectingphotos.co.uk

Hypnobirthing

You and your birth companion will learn how to experience birth in a calm, empowering and comfortable way through breathing and relaxation techniques and to be fully prepared, physically and mentally, for the birth of your baby.

Contact: **Louise Carter**

T: 0118 9471749 www.readinghypnobirthing.co.uk

Aqua Natal classes

Physiotherapy lead antenatal and postnatal hydrotherapy exercise sessions at the Royal Berkshire Hospital.

Contact: **Helen Knight** antenatalexercise@hotmail.co.uk

Pre and Postnatal Massage

A relaxing treatment that may help to prevent & alleviate discomforts associated in pregnancy and in the months following childbirth.

Contact: **Linda Cook**

T: 0118 9697461 www.celtictouch.co.uk

Maternity Reflexology

Aims to relax and restore the body to an optimal state to give birth. Studies have shown that maternity reflexology may significantly reduce labour pain, shorten birth and improve the quality of sleep post-natally.

Contact: **Rebecca Sperrin MAR, RSHom**

T: 07838 550327 www.healing-space.co.uk

Mctimoney Chiropractic

Postural changes and normal softening of ligaments causes stresses on the body. From 12 weeks gentle realignment of the spine and pelvis can help take off some of the resulting strain on joints, back and legs in readiness for birth.

Contact: **Anne Loader**

T: 07835 695571 www.acchiropractic.co.uk

Nutritional Therapy for fertility & pregnancy

Aims to support the needs of both women and babies before conception, throughout pregnancy and during the post-natal period.

Contact: **Jo Saunders**

T: 07771 813196 www.josaundersnutrition.co.uk

Acupuncture for fertility & pregnancy

Acupuncture is safe and effective to use during pregnancy. Many women choose to have acupuncture when they are suffering with morning sickness, if their baby is in a breech or posterior position or for labour induction.

Contact: **Charlotte Stean**

T: 07866 590538 www.charlottestean.co.uk

Pregnancy Yoga & Mummy and Baby Yoga

Tessa provides lovely Pregnancy Yoga and fun Mother & Baby Yoga classes to support you in the pre and post-natal period.

Contact: **Tessa Sanderson**

T: 07766 707119 www.tessayoga.co.uk

Homeopathy for pregnancy, childbirth and infants

This non-toxic, safe treatment can be used for a wide range of physical and emotional symptoms during and after pregnancy to support parents and babies.

Contact: **Rebecca Sperrin MAR, RSHom**

T: 07838 550327 www.healing-space.co.uk

Pregnancy & Postnatal Pilates

In pregnancy Pilates is good for staying active yet relaxed, strengthening postural muscles thus aiding delivery. Postnatally (with babies) is good for getting your core muscles working again.

Contact: **Christine Brook**

T: 0118 924 2515 www.time4pilates.co.uk

Birth

Birth support with a Doula or Independent Midwife

Studies have shown that women who receive continuous support during labour from someone they know and trust will experience less fear, medical intervention and shorter spontaneous, labour.

Doula

Contact: **Grace Collins**

T: 07403 202571 www.doulagrace.co.uk

Contact: **Linda Cook**

T: 0118 9697461 www.celtictouch.co.uk

Independent Midwives

www.independentmidwives.org.uk

Placenta encapsulation

A variety of remedies which include capsules, tincture, essence, creams or balm for mother & baby. Collection from home or hospital in Berkshire.

Contact: **Linda Cook**

T: 0118 9697461 www.celtictouch.co.uk

Baby

Paediatric First Aid

Relaxed and Fun Paediatric First Aid Courses at local venues and for small groups at home. Giving you the confidence to act in an emergency.

Contact: **Anne-Marie Jackson**

T: 07748 961885 www.firststepsfirstaid.co.uk

Baby Sensory

You and your baby will experience different sensory activities designed to support your baby's development.

Contact: **Bryony Jose** T:07788 652137

or **Gemma Pearce** T: 01256 560817

Or find your local class at: www.babysensory.com

Craniosacral Therapy

Specialising in the treatment of babies & children, the resolution of birth trauma and the impacts of disrupted bonding/attachment.

Contact: **Graham Kennedy RCST**

T: 07748 786281 www.enhancingthefuture.co.uk

Also see www.thematernitynetwork.co.uk for other maternity specialists, therapists and teachers.