

# HAPPIER MOTHERHOOD


## with The Mom Experts



Scan this QR Code & fill the form to join our whatsapp support group for FREE!



Contact us :

 9975036474

 @themomexperts

 [www.themomexperts.in](http://www.themomexperts.in)

the  
**mim**  
experts

# WHO WE ARE?

## CARE, SUPPORT & COUNSELLING

The Mom Experts is a group of mothers & experts who understand what kind of support and evidence-based information a mother needs to be able to enjoy a happy and confident pregnancy and motherhood.

We aim to provide that to every pregnant and new parent through our antenatal classes and support group.

A **one-stop destination for pregnancy and beyond**, taking the journey from 'I wish I knew' to 'I am glad I was prepared' and become confident in motherhood.



# OUR SERVICES

## PRE-CONCEPTION CARE & SUPPORT

1. Fertility Masterclass
2. Preconception Garbhasanskar
3. Online consultation with our fertility experts

## PREGNANCY CARE & SUPPORT

1. Labour & Birthing Masterclass with Ob-gyn
2. Garbhasanskar
3. **Prenatal yoga & meditation**
4. Breastfeeding Masterclass & lactation support
5. Newborn & New mom care

## POSTPARTUM & PARENTING SUPPORT

1. **Postpartum exercises, nutrition & weight loss**
2. Postpartum Mental Health assessment
3. Introduction of Solids / Weaning Masterclass
4. Gentle Parenting
5. Activities with your infant & toddler for motor & communication skills development
6. Baby Sleep Coaching



JOIN OUR 24\*7  
WHATSAPP  
COMMUNITY WITH  
DOCTORS, YOGA  
EXPERTS,  
NUTRITIONISTS,  
MENTAL HEALTH  
EXPERTS

**DM to schedule your online lactation  
assessment call!**

**Refer us to pregnant or new  
parents in your family and help  
them have a happy & confident**

# **PARENTHOOD**



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