HAPPIER MOTHERHOOD

with The Mom Experts



support group for FREE!



9975036474

@themomexperts

www.themomexperts.in

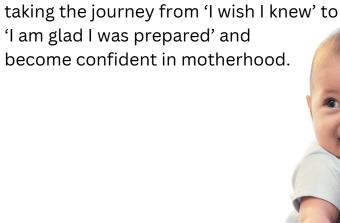
WHO WE ARE?

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,











OUR SERVICES

PRE-CONCEPTION **CARE & SUPPORT**

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

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

DM to schedule your online lactation assessment call!

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

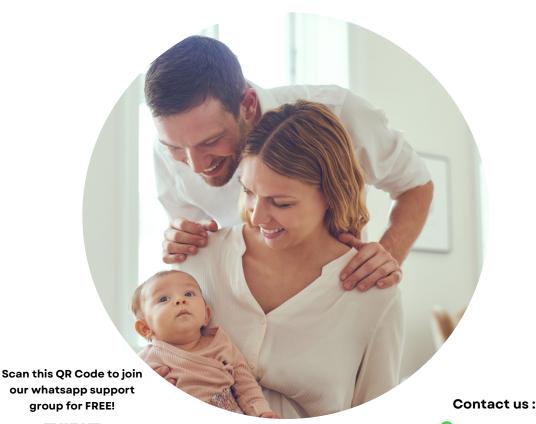


EXPERTS



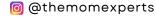
Refer us to pregnant or new parents in your family and help them have a happy & confident

PARENTHOOD





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