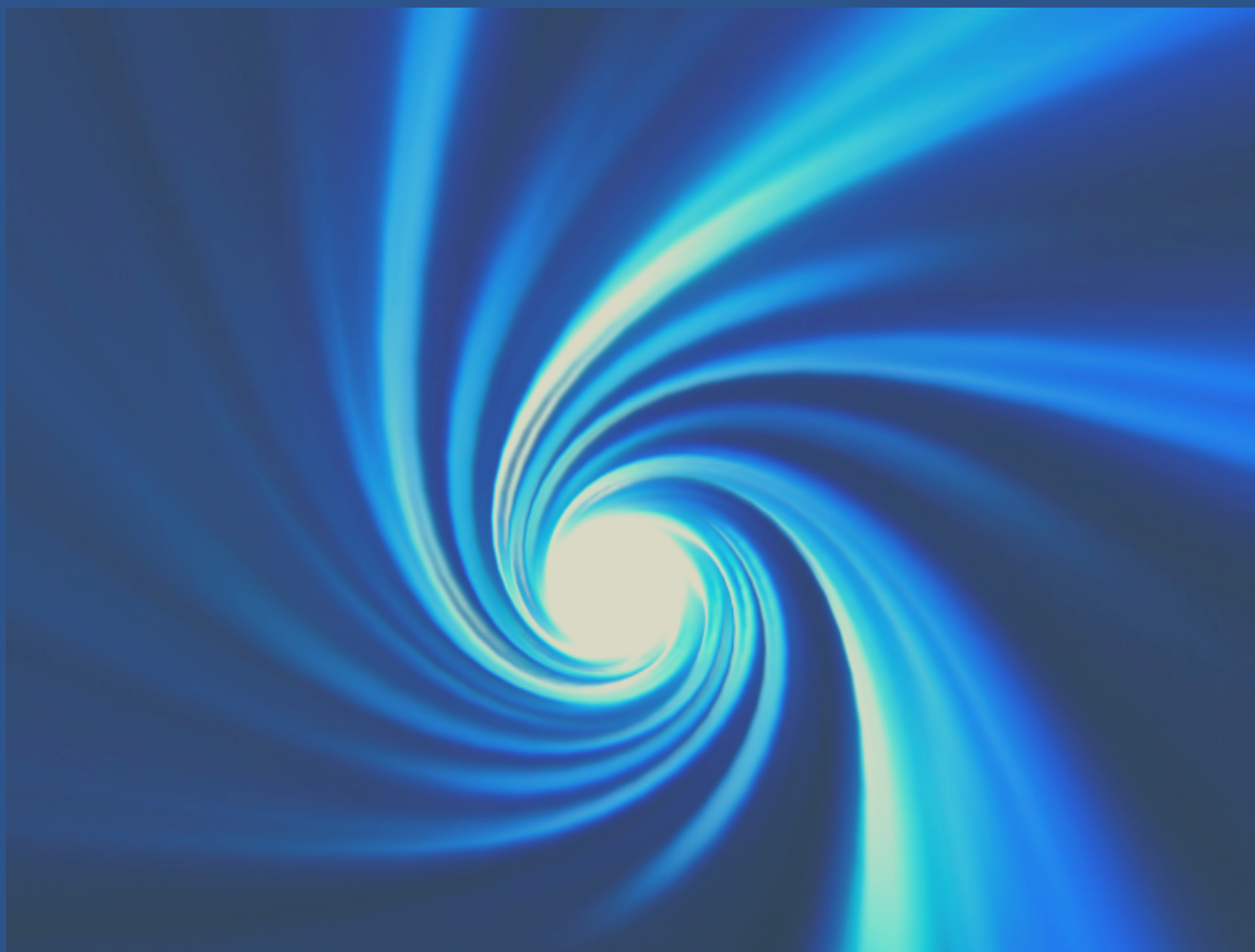


COACHING & SUPPORT FOR PARENTS

LAURA MORRISSEY



Coaching & Support For Parents

Being a parent is one of the most rewarding experiences we can have. At the same time, it can be the most challenging .

Being a parent does not always come easily. The expectations about what a good parent is, can all too often be set the bar too high.

Often parenthood is approached with rose tinted lenses, the birth is planned, the breast feeding, your feelings towards your child are all choreographed. But life rarely goes according to plan.

Being a parent is challenging & support is great when you are seeking guidance or reassurance.

How I can Help

- Free 20 Minute chat to see if I can help
- Free: Top parenting tips for teens
- Free: Sleep Guide for 2-5yr olds
- 'Help my toddler sleep!' support course. 4 half-hour chats over 4 weeks to help you to establish a good sleep routine for your toddler. Additional tips will be shared! **Cost £199**
- 1:1 Coaching at £60 per session using a research informed approach that stops those triggers for good!

**Use the Contact form or email:
lauramorrisseycounselling@gmail.com**