

Walking Gently

When a family have a baby who has been born with additional support needs and would benefit from individual help to build emotional resilience.

Giving birth to a baby who has complex additional needs can bring both joy and pain, a spectrum of emotions that can be lost in the demands of meeting the needs of your new family.

I strongly believe in the power of Ceremony to walk us gently through challenges that we may face.

I have created **Walking Gently** to help to build your emotional strength. I commit to giving you time and space to heal and to grow, to walk gently with you to find a way to give yourself the love, compassion and understanding that you deserve.

It may be that you experience grief for the child who didn't arrive: grief itself is a difficult journey, made more challenging by the need to care for the child who is yours.

Walking Gently through the stages of

Grief, may lead to

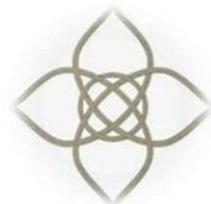
Acceptance, and to

Celebration of the child who is yours

Walking Gently harnesses the power of Ceremony to honour feelings and emotions, to express them in the safety of a compassionate, accepting space.

Through Ceremony, healing, transformation and guidance become possible. **Walking Gently** encourages the acknowledgement of emotions and feelings that may be hard to express. The process holds you as you build your own emotional resilience. It supports you to move towards a peace that comes with the courage to accept what you can't change, and to find a freedom in letting go of difficult emotions and feelings.





Walking Gently offers you a safe and gentle space to begin to process the spectrum of emotions that come with giving birth to a baby who has complex additional needs.

At a time when you can be surrounded by medical and practical advice and support, it may be difficult to recognise your need for emotional support, and to give this less attention than you deserve.

Emotional honesty can feel challenging and out of reach, especially when other demands can be overwhelming.

Emotional responses to giving birth are unique to each of us:

Walking Gently recognises this and offers a chance, either on your own, or in connection with a very small group of others who are in a similar situation, to be held, without judgement and guided through your own emotional journey, at a pace that is right for you.

Walking Gently can be adapted to meet the needs of the individual or group present.

While there is a focus on Ceremony at each stage, there is also time to share, to connect, to be in companionship.

The three main stages: Grief, Acceptance and Celebration, have no defined timeframe, although, as a guide, it is anticipated that **Walking Gently** will take no more than a year, with no more than 8 sessions of 1 ½ hours.

These sessions can be online, with a view to being in person, within Covid Guidelines: in person sessions would be held in Central Scotland.

The final stage of Celebration can include a Ceremony which can be a Baby Naming or Baby Welcoming, to which other family and friends are invited. Either Ceremony includes the opportunity for these important individuals to promise their love and support as Guardians and Friends to the baby and to the family.

