



# Calm Starts

Mum and Baby Circle

Nurturing emotional connection, regulation and calm from the very beginning.

**For mums and babies aged 0-12 months**

*Gentle support*

*Real-life tools*

*Connection, not perfection*



By



**CALM CATS**

Supporting calm, connected families from the very start

# Welcome

## Welcome to Calm Starts



*If you're holding a baby in your arms while reading this – welcome.*

*If you're reading this with one eye open, running on broken sleep – welcome.*

*If you're wondering "Am I doing this right?" – you're in exactly the right place.*

**Calm Starts is about supporting you and your baby together, not fixing, rushing or perfecting anything.**

**This guide introduces the foundations of:**

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- Emotional connection
- Co-regulation
- Sensory and nervous system awareness
- Gentle ways to feel calmer – together

*Because your wellbeing matters just as much as your baby's.*

# Why Calm Matters?

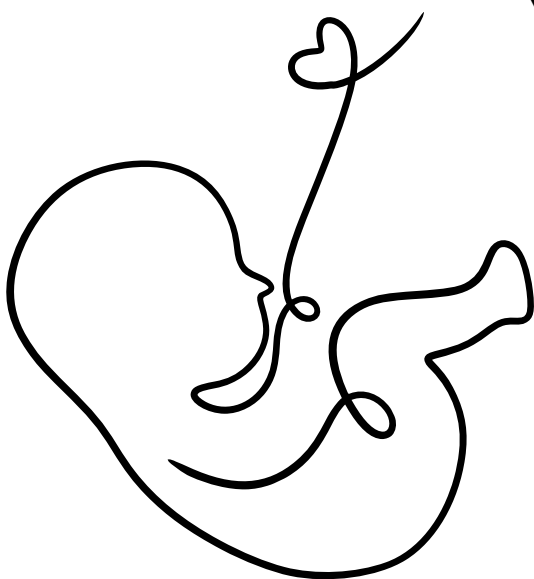


## The First Year Shapes Everything!

Your baby isn't learning to be "independent" yet. They're learning whether the world feels safe, responsive and connected.

*Babies regulate their emotions and bodies through you.*

**When you soothe, hold, rock, sing or simply stay close:**



**Your baby's nervous system learns calm  
Stress hormones reduce  
Secure attachment grows**

**Calm Starts focuses on:**

- *Connection before correction*
- *Relationship before routine*
- *Regulation before expectation*

# What Is Co-Regulation

## Co-Regulation Explained Simply

### Co-regulation means:


*Your calm helps your baby find theirs.*

Babies cannot calm themselves yet –  
their brains are still developing.  
They borrow calm from your voice, your  
body, your presence.

### Co-regulation looks like:

- Holding your baby close
- Responding to cries with comfort
- Using your voice to soothe
- Slowing your own breathing
- Trusting your instincts



 There is no “spoiling” a baby with connection.

# The Mum - Baby Regulation Loop

## How You Affect Each Other

*Your nervous systems are linked.*

### **When:**

- **You feel tense → baby senses it**
  - **You soften → baby softens**
  - **You slow down → baby settles**

***This doesn't mean you must always be calm.  
It means repair matters more than perfection.***

*Small moments of  
connection throughout the  
day build resilience – for  
both of you.*



# Simple Calming Tools

## For You & Baby

### Gentle Tools You Can Use Anywhere

#### 1. Breathe Together

**Place your baby on your chest. Slow your breathing. Baby's body will follow.**



#### 2. Rhythm & Repetition

**Rocking, gentle bouncing, walking – rhythm calms the nervous system.**

#### 3. Voice as an Anchor

**Soft talking, humming or singing reassures your baby they are safe.**

#### 4. Sensory Safety

**Warmth, skin-to-skin, dim lighting, reduced noise.**



#### 5. Permission to Pause

**You are allowed to sit. To rest. To ask for help.**



# Supporting Your Own Nervous System

## You Matter Too!

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**You cannot pour from an empty cup – and you shouldn't be expected to.**

*Try:*

- Gentle stretching while holding baby
- Noticing your shoulders and jaw
- Drinking water before another task
  - Naming how you feel



Even 60 seconds of awareness helps your body reset.  
A regulated parent doesn't mean a calm parent –  
it means a supported one.

# Common Myths (Let's Let These Go!)

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**"I should be enjoying every moment"**

**"Other mums are coping better than me"**

**"I'll create bad habits"**

**"I'm doing it wrong"**

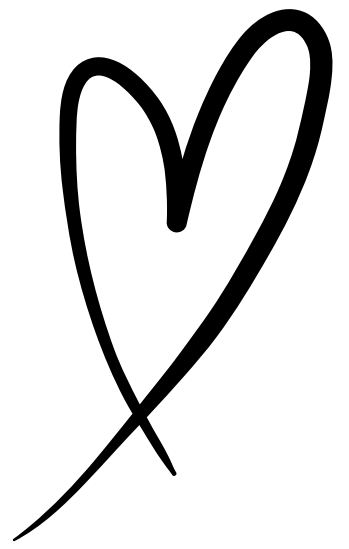


You're learning together

You're allowed support

This stage is intense

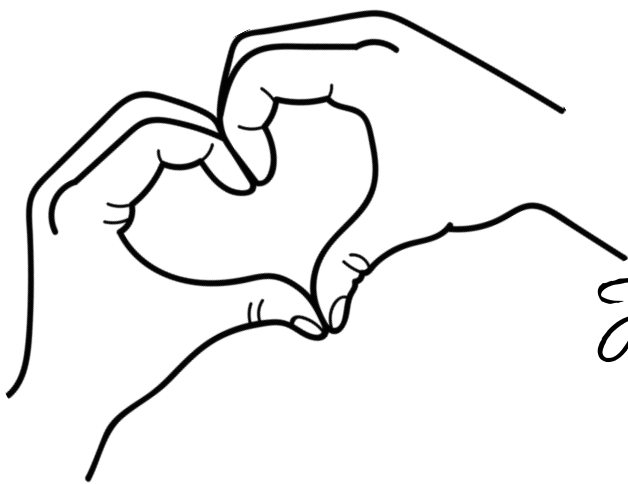
Connection is never wrong



# What Happens In A Calm Starts Circle?

**In a Calm Starts Mum & Baby Circle, you'll find:**

- **A warm, welcoming space**
- **Time to slow down**
- **Gentle movement and sensory experiences**
- **Micro regulation activities to build into the everyday**
- **Emotional support for mums**
- **Shared experiences (no judgement)**



*No pressure.  
No expectations.  
Just calm, connection  
and community.*

# You Are Doing Enough!

## A Final Reminder

**Your baby doesn't need perfection.  
They need you.**

*Your voice.*

*Your arms.*

*Your presence.*



### **Calm Starts is here to remind you:**

You are not alone  
You are doing enough  
Support is available

We would love to welcome you into our Mum & Baby Circle.

With warmth,  
Calm Cats