



# Parents Say...

HOLLY & BABY ARLO

Public Hospital, Vaginal Breech Birth

Upon recommendation, I've never felt more positive about connecting with someone. I am so grateful that Tara was able to support me on my journey through pregnancy and birth. She was a source of wisdom and guidance, sharing her own experiences and supporting my choices every step of the way. Thank you doesn't seem quite enough to be honest. Tara shared, cared, and held space with so much love.

ALANA, JUSTIN & BABY EVELYN

Public Hospital, VBAC

As I laboured away, not a word needed to be spoken. Tara intuitively knew when I needed gentle encouragement or that amazing lower back massage. I won't ever forget the sense of calm and reassurance having her there with me.

JENA, SIMON & BABY SAGE

Family Birth Centre, Waterbirth

Tara was everything and more that I could have hoped for and needed in our birthing journey. She's easy going, passionate and a wealth of knowledge about all things pregnancy, birth & postpartum, which made it super easy to ask questions and kept us calm and confident throughout our experience. We can't wait to have her by our side when we have bubba number two.

KIARA

Birth Blessing

I had the most magical Mother and Baby blessing facilitated by Tara and the whole experience was incredible from start to finish. She consulted with me about what a typical blessing comprises, respected certain things I didn't want to do and even helped me write the invite. She brought everything to my house and set up a beautiful circle... Her energy is so calming and her words were so positive and supportive that it enabled everyone to feel safe to share and get involved. The whole experience was emotional and empowering.

JESS & LINCOLN

Private Hospital

We are so grateful for Tara! There was so much we didn't know and Tara just blew our minds with all her wisdom. We both felt cool, calm and collected thanks to Tara. She grounded us the entire time and was the ultimate in gentle support and guidance. We wouldn't birth without her.