



THE
MOONSHOT
MASTERY ACADEMY

Helping You Find the Light Within

Parents & Early Years

Supporting connection, co-regulation
and confident beginnings.

At The Moonshot Mastery Academy,
we support parents, babies and young
children by helping the adults around
them understand early development,
attachment and the nervous system.
Through conversations, groups and
practical support, we help families
build calmer, safer and more
connected beginnings.



IN THIS GUIDE



Who this
is for



Ways to work
together



The Calmer →
Safer → Capable
journey



What support
feels like



Next steps



Parents & Early Years

Support for the big and small moments in your child's early years.

Who this is for



New parents seeking understanding and reassurance.



Parents of babies, toddlers and preschool children.



Families navigating big feelings, routines or transitions.



Adults wanting to strengthen co-regulation and connection.

What this can help with



Co-regulation

Practical ways to stay calm together.



Understanding your child's cues

Learn to notice what your child is telling you beneath the behaviour.



Routines and transitions

Support for everyday changes and bigger milestones.



Parent confidence

Build your understanding and trust in your own instincts.

Ways to work together

We offer a range of supportive options, so you can find the approach that fits your family, your needs and your goals. All of our work is child-centred, trauma-aware and grounded in real-life experience.



Parent conversations

A relaxed, supportive space to talk about what's going on for you and your child. We'll listen, explore together and share practical ideas.

From £15 per session



Small group sessions

Friendly, supportive groups for parents and carers, exploring themes such as emotional regulation, routines, connection and everyday challenges.

From £15 per session



1:1 parent support

Personalised sessions tailored to your family's needs, helping you build understanding, confidence and practical strategies at home.

From £45 per session

Next steps

1



Get in touch

Drop me a message via the website or email to say hello.

2



Book a chat

We'll arrange a relaxed conversation to understand your needs and see how I can help.

3



Choose a route

Together we'll find the best option for your family and take the next step towards calmer, brighter days.