



What is Mothering Menarche?

Mothering Menarche is an online space that aims to guide parents who are wanting to better prepare and support their children through the menarche experience and the early years of menstruating. Mothering Menarche is not in place of menstrual education but as a support for parents navigating this transition.

(Please note that in this instance this space is for mothers/female carers – a Fathering Menarche space hopes to run in 2024)

There are 5 sessions each an hour in duration, extra sessions can be booked and one to one sessions are an optional extra.

By signing up to Mothering Menarche you are asked to consider your own experiences of menarche and menstruation, consider the cultural narratives that surround menstruation and menarche, consider ways in which you wish to support your children and together we will look at the ways in which we can encourage positive and healthy menarche experiences. Grace will draw knowledge from various researchers papers, publications and information to help guide you through to create ideas that best suit your own child, no one knows what your child needs more than you. There will be prompts for self journaling along the way, suggestions of embodiment and keeping track of your thoughts and feelings in this work will be helpful. There will be no requirement to share within the group if you do not wish to but there will be an element of discussion throughout.

As its a group space and not all attending will know each other and perhaps not hold the same experiences or view points, Grace will guide working with the principles of council
*listen with an open heart *speak from the heart *confidentiality *be lean with time.

Sessions will consider:

- * What happens at menarche and what is menstruation
- * Take a whole cycle perspective – touching on emotions, inner seasons of the cycle
- * Ways to promote healthy communication with our children, ways to role model the message we wish to convey
- * Wider cultural narratives

* Menstrual product discussion

* Menstrual experiences within a patriarchal society

What Mothering Menarche is not:

These sessions will not touch upon avoiding pregnancy, contraception or birth control.

My professional membership/insurance prevents me from holding these sessions with anyone outside of the UK and cannot be used as a training course or for those wishing to teach this.

Mothering Menarche is purely a guide to support parents supporting their children.

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There are two options for signing up

1. Open Group Sessions - The autumn group session is now full, I will be next opening a group to run from January 2024, please let me know if you would like to reserve a space. (sessions won't be recorded but a follow up email will be sent out if you miss a session)
Bookable as a block – no transfer to other dates. £95 total per person.

Private Individual/Group Sessions:

If you would rather gather with a group of friends or have these sessions individually, it is £475 for the block and the maximum number of a group is 5.