

Sam Leeson-McCoy



BIOGRAPHY

For over 20 years Sam has been assisting, educating and coaching individuals and couples who want to start or grow their families. She is the owner of babyREADY (and babyREADYlgbtq). She has attended hundreds of births. She has also been a featured guest with CBC, The Toronto Star, Today's Parent and more. She has facilitated workshops, taught classes and collaborated with thousands of people and professionals. Her social media presence and engaging method of education leaves those working with her feeling confident and assured while learning more than they expected.

FERTILITY

*Being aware of fertility signs
How to self advocate
Preparing the body
When to get more help
Creating your 2SLGBTQIA+
family*

... and so much more

PREGNANCY

*Signs & Symptoms of labour
How labour often unfolds
Potential interventions
Coping strategies
Recovering from birth
Birthing as a 2SLGBTQIA+
parent*

PARENTING

*Understanding the first weeks & months
Feeding a newborn baby
Coping with new parent stressors
The value of creating community]
The first 48 hours after baby arrives
Being a part of the 2SLGBTQIA+
community & parenting*

"Sam has been an integral part of our navigating our way through parenthood. Whether it's relating to managing sleep regressions and toddler meltdowns or preschool/kindergarten transitions, she always has helpful tips, tools and strategies. She makes us feel heard and understood. Thanks to Sam, we feel confident in our respective roles as moms to our two children."

"Sam came into my life during the season I needed her the most but didn't know it. The things I learned from her helped me navigate postpartum depression. She embodies empathetic support and has a calm and consistent voice. She told me I could do this and instilled that confidence in me. What I didn't know when I first met her was that she taught me how to reparent myself."

"Sam's compassion, experience, support & care are evident when you first interact with her. The vulnerability & rawness of navigating pregnancy, birth, postpartum and parenting is real and having coaching support from Sam has helped our family immensely. Her attentive listening, ability to normalize and empathize with the intensity of parenting a small human has been invaluable to our family."

"Sam leaves anyone who comes to her for classes, coaching or advice feeling seen, heard and ultimately empowered. Her talent of combining years of education and experience with the calm, nurturing presence of a truly fine person coach is it makes her an ideal consultant on all things birth and parenting. She saw me a through fertility challenges, pregnancy, birth, parenting and feeding my children."

