

# Sam Leeson

## Family Wellness Specialist

Women's Studies graduate with certification in Adult & Childbirth Education, Doula, Fertility & Parenting Coaching

An advocate for ALL families, Sam's warmth and expertise is reflected in her talks that are practical, inspiring and deeply affirming. Attendees leave with tools that professionals and families can use right away



AS SEEN IN   

### What people are saying . . .

*"Sam has been an infinite wealth of knowledge as we navigate our way through parenthood. From managing sleep regressions and toddler meltdowns, to preschool-kindergarten transitions, she always has helpful tips, tools and strategies."*

C.M. Parent & Educator, Peel Region, Mississauga, ON

*"Sam's compassion, experience, support, and care are evident right away. The vulnerability and rawness of navigating pregnancy, birth, postpartum, and parenting is so real, and having her wisdom has helped our family immensely. Sam encourages you to tune into your parenting values and philosophy while presenting various viewpoints for you to consider."*

B.C. Parent & Psychotherapist, GTA, ON

*"I can't say enough about what an inclusive and informative space Sam creates for parents. She's a wealth of information yet delivers it in simple, supportive & engaging ways that leave the decision-making entirely up to what is right for you."*

N.G. Parent & Children's Book Buyer, Halton Region, ON

### SIGNATURE TALKS

**Parenting Beyond Tradition:**  
Co-Parenting with Children at the Centre

**Building Bridges, Not Barriers:** Co-Parenting Across Households

**Partners First, Parents Second:** Staying Aligned When You Disagree

**Parenting Without Burning Out:** Balancing the Emotional Load



### OTHER SPEAKING TOPICS INCLUDE:

*Supporting Families Through Fertility, Birth, and Early Parenting Transitions*

*Inclusive Care Practices for Diverse Family Structures*

*The Power of Early Parenting Support: Preventing Burnout and Building Resilience*

*Bridging Communication Gaps: Helping Parents Navigate Hard Conversations*

*Whole-Person Approaches to Family Wellbeing*



[www.babyREADY.info](http://www.babyREADY.info)



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