

SAM LEESON-MCCOY

Speaker Biography

Topics Covered

Understanding fertility signs
Self-advocacy in healthcare
Preparing the body for pregnancy
Knowing when to seek additional help
Building a 2SLGBTQIA+ family
Recognizing signs and symptoms of labor
Understanding the first weeks and months of parenthood
Common ways labor progresses
Potential interventions during childbirth
Coping with stressors as a new parent
Feeding a newborn baby
Coping strategies for parents
Building a supportive community
Recovering after giving birth
Navigating the first 48 hours after delivery
Experiences of 2SLGBTQIA+ parents during childbirth
Being part of the 2SLGBTQIA+ community while parenting



Biography

Sam has dedicated herself to supporting individuals and couples for over two decades, providing education, coaching, and guidance to those looking to start or expand their families. As the founder of babyREADY (including babyREADYlgbtq), she has helped hundreds of people navigate the journey of parenthood.

With extensive experience attending births, Sam has also shared her expertise as a featured guest on CBC, The Toronto Star, Today's Parent, and other media outlets. Through workshops and classes, she has collaborated with thousands of individuals and professionals, leaving a lasting impact on those she works with.

Sam's engaging approach to education and strong social media presence instill confidence and assurance in her clients, who consistently gain more knowledge and insight than they anticipated.

"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."

