

Risk, Welfare & Safeguarding Policy



Last updated: December 2025

Breathe & Bloom is committed to creating a safe, supportive environment for all clients, particularly when working with mothers and babies.

Client Welfare:

Clients are encouraged to:

- participate at a pace that feels safe and comfortable
- take breaks when needed
- share only what they feel able to
- communicate any concerns during sessions
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Emotional Risk:

Discussions around identity, guilt, emotions, and motherhood can sometimes bring up strong feelings.

While emotional discomfort can be a normal part of reflection, Breathe & Bloom does not aim to cause distress.

Clients are supported to ground themselves and may pause or stop participation at any time.

Physical Safety (In-Person Sessions):

For in-person sessions:

- venues are chosen to be safe and baby-friendly
- clients are responsible for their own and their child's supervision
- Breathe & Bloom cannot accept responsibility for accidents or injuries outside of negligence

Safeguarding:

Breathe & Bloom is committed to safeguarding children and vulnerable adults

If there is concern that:

- a client
- a child
- or another person

is at risk of harm, appropriate safeguarding steps will be taken in line with legal requirements. This may include sharing information with relevant services.

Emergency Situations:

Breathe & Bloom does not provide emergency or crisis support.

If a client is experiencing:

- thoughts of self-harm
- suicidal ideation
- severe emotional distress

they are encouraged to seek immediate support through:

- their GP
- NHS 111
- emergency services (999)
- local mental health crisis teams

Responsibility & Boundaries:

Breathe & Bloom will:

- act within professional and ethical boundaries
- provide clear signposting where appropriate

Clients remain responsible for seeking urgent or clinical support when needed.