

For centuries lullabies have been sung to soothe and settle babies. Helen Yeomans, a singer/songwriter and mother of four has devised her own songs and sought soulful renditions from around the globe to encourage parents to sing to their babies more often.

Helen started Thula Mama, a mother and baby singing group in 2002. Named after a traditional South African lullaby, translated as 'hush, be quiet, don't cry', Thula Mama is far from a traditional singing group. Designed specifically to nourish the needs of mums as well as their babies, the songs are rich in harmony and sung a cappella, without instrumentation.

There is nothing more settling for a baby than a mother's calm voice, and singing naturally soothes them.

Helen also finds that singing together helps develop a sense of community and is grounding and confidence-building for mothers who can often feel isolated. "The fact that they can soothe their babies with just their voice, whatever their singing ability, is very therapeutic," she says.

Similar groups are now set to be rolled out to other towns and cities across the UK.

For more information visit [www.thulamama.co.uk](http://www.thulamama.co.uk)



 **Soul Cool Babies CD** - the perfect way to soothe your baby and experience the bliss of singing. Enjoy the best of Thula Mama with these 16 beautiful songs, sung a cappella in exquisite harmony. The songs are beautiful and timeless, sourced from around the world and telling stories of the past, present and future.

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Thula Mama has been the highlight of my week! It has helped me through lots of lows and given me back my sense of self. Thank you!  
Maxine + Molly



The worst thing about Thula Mama was having to leave.  
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Thula Mama - Inspirational Singing for Mothers and Babies



  
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