



Hello! My name is Josefine.

I am an artist, musician, carer and a mother.

My Baby Sensory Program, '5 Little Things', came to life from various experiences in my career, my journey through motherhood and the need to be a more giving and creative 'me'.

My career has taken me on many different paths in Child Education. I have a degree in Early Years Learning and Social Work. I have worked in Childrens Services across various settings, including:

- Mental health children's hospital
- Centre for children with disabilities
- Childcare centres (both in Germany and Australia) as Room Leader, and
- As a Nanny

When I was given the gift of motherhood, I felt much more connected to parents, because I could relate and understand the stress created when parents are required to separate from their children, entrusting them to others. This is why I want to provide a stress-free, safe and relaxed space for you and your child to bond.

As well as my passion for motherhood, music is a huge part of who I am. I have 15 years of stage experience as a singer and song writer. I have worked with great artists and I play the piano, guitar and other smaller instruments.

I love to give back and make people happy by helping them to discover new ways to enjoy the simple and natural things in life.

The goal of this program is to connect and experience with your child all five senses in a comfortable and calm atmosphere And to breath and reset!