

LUXURY FAMILY HOTELS

Luxury Family Hotels launches a 'Parenthood Retreat Series, sponsored by Bugaboo', a collection of empowering retreats led by industry-leading parenting experts



[Luxury Family Hotels](#), the UK's leading family-focused hotel collection is set to launch its ***Parenthood Retreat Series, sponsored by Bugaboo***, in **January 2024**.

Created to guide and support new parents through parenthood's many chapters, whether that be empowering expectant and postnatal mums, guidance with infant sleep or learning to nourish little ones as they grow and develop, the ***Parenthood Retreat Series will be available across Luxury Family Hotels' five property portfolio*** from **January 2024**, welcoming a leading parenting expert to a different property every month.

Each two-day *Parenthood Retreat* will include a workshop hosted by the parenting expert whilst little ones are entertained at the Ofsted-registered creche, dining and a one-night stay. Those that want to stay on a little longer to make use of all the family-focused facilities will be given preferential rates.

The series, sponsored by premium childcare brand Bugaboo, will incorporate a carefully curated itinerary for families. While parents attend workshops with experts in child development and take a moment for themselves in the spa or lounges, children of all ages will be entertained at the on-site Ofsted-registered Dens. The itineraries also allow plenty of time for family experiences, whether that's with a dip in the pool, movies in the cinema rooms or local walks.

22nd January 2024 - Leading motherhood Psychotherapist, Anna Mathur

The series debuts at [Moonfleet Manor](#), located on Dorset's Jurassic Coast, welcoming leading motherhood psychotherapist [Anna Mathur](#) (@annamathur) in **January 2024**. The 4x time Sunday Times Best Selling author (including *Mind over Mother* and *Raising a Happier Mother*), and Podcast Presenter of *The Therapy Edit* addresses topics such as anxiety and the dreaded 'mum guilt'. Having suffered from postnatal depression herself, she seeks to empower new mothers and provide them with tools to tackle the early years of parenthood, highlighting the importance of one's own mental health in order to be the best mother possible.

6th February 2024 - Sleep Specialist, Rosey Davidson

[The Ickworth](#), the Italianate palace located near Bury St Edmunds in Suffolk that sits within the stunning 1,800 acre National Trust estate will welcome **sleep consultant Rosey Davidson** (@just_chill_mama)

LUXURY FAMILY HOTELS

in **February 2024**. Sleep Specialist and Author of critically acclaimed book 'Just Chill Baby Sleep', Rosey has created a series of sleep programmes aimed at babies and children from 0 - 4 years old, and is the Sleep Consultant of choice amongst many high-profile parents. During the retreat, Rosey will be providing no-nonsense advice on infant sleeping as well as hosting a Q&A so that parents can receive personal guidance.

13th March 2024 - Pre and Postnatal Maternity Concierge, Tiffany Norris

March 2024 marks the arrival of Mummy Concierge and Baby Planner, **Tiffany Norris** ([@mummyconciergehq](#)) at [Fowey Hall](#). With clients ranging from The Royal Family to A-list celebrities as 'The Mummy Concierge, Tiffany will be visiting Luxury Family Hotels' flagship Cornwall property Fowey Hall to help parents prepare for everything pregnancy and new-parent related.

25th April 2024 - Baby and Child Nutritionist, Charlotte Stirling-Reed

To round off Luxury Family Hotels' early 2024 Parenthood Retreat Series, **Charlotte Stirling-Reed** ([@sr_nutrition](#)) will be at [Woolley Grange](#) in **April 2024**, giving parents her expert advice on baby and child nutrition. Charlotte Stirling-Reed is a leading nutritionist based in the UK and author of the Sunday Times bestselling *How to Wean Your Baby*.

The Parenthood Retreat Series, sponsored by Bugaboo is the latest addition to Luxury Family Hotels' already impressive **family-focused offering**. From babies to teens, parents to grandparents, guests of all ages are thoughtfully considered with the provision of all the little things to ensure an enjoyable and relaxing holiday. Each property offers **90 minutes of complimentary childcare per night's stay** at their on-site Ofsted-registered Four Bears Den, family swimming pools, childrens' cinemas with daily screenings and popcorn, [ishga](#) spa treatments from age 3 and partnerships with renowned childrens' brands [Yoto](#) and [Bugaboo](#), libraries and indoor and outdoor play areas. The hotels even offer a **milk butler service** with the delivery of sterilised and heated bottles of milk

This year, the brand has **relaunched Fowey Hall and Moonfleet Manor** with the refurbishment of interiors - courtesy of StudioJill - and incredible new facilities. In Cornwall, Fowey Hall has expanded, establishing it as the Luxury Family Hotels' flagship with a total of 60 rooms and suites, a brand new outdoor pool and an enhanced spa. Along the coast in Dorset, Moonfleet Manor has now finished its latest phase of refurbishment, including the re-mastering of all existing rooms and suites and the addition of the brand new Fleethouse - an on-site farmhouse with 6 rooms overlooking the fleet.

-ENDS-

For all LFH media enquiries, please contact Bacchus Agency on 0208 968 0202 or email lfh@bacchus.agency.

About Luxury Family Hotels

Luxury Family Hotels is a collection of five family-focused hotels with distinct personalities across southern England. These include Fowey Hall in Cornwall, a Victorian manor house overlooking the Fowey Estuary, as well as Moonfleet Manor, a sprawling country estate with views of Dorset's Jurassic

LUXURY FAMILY HOTELS

Coast. Nestled in the heart of the West Country is Woolley Grange, a secluded Jacobean manor house on the edge of historic wool town Bradford-on-Avon, while former hunting lodge New Park Manor is surrounded by the natural beauty and wildlife of the New Forest. For stays a little further north, Italianate palace The Ickworth near Bury St Edmunds in Suffolk sits within the stunning 1,800 acre National Trust estate.

Every Luxury Family Hotel property is designed for families of all kinds, offering all the little things required to ensure an enjoyable, relaxing and memory-making stay. Each hotel offers 90 minutes of complimentary childcare per night at the on-site 'Four Bears Den', a Luxury Family Hotels staple. With excellent facilities ranging from indoor and outdoor swimming pools to games and cinema rooms, spas and restaurants, the hotels allow guests to enjoy the luxury of time with those who matter most.

Follow Luxury Family Hotels on:

Instagram: [@luxuryfamilyhotels](https://www.instagram.com/luxuryfamilyhotels)

Facebook: [@luxuryfamilyhotels](https://www.facebook.com/luxuryfamilyhotels)

About Bugaboo

Bugaboo believes that parenthood has the power to shape the future. The brand kickstarted a pushchair revolution over 20 years ago and they haven't stopped innovating since. Their award-winning pushchairs and parenting solutions are designed to help simplify parenthood, so families can enjoy what matters most to them. Their entire range, including car seats, travel cots, and accessories, is engineered to be comfortable, durable, and easy to use, allowing families to go anywhere and do anything. Designed with future generations in mind, Bugaboo has also launched a Push to Zero commitment to be net zero by 2035, to deliver smart, simple solutions that have a more positive impact on the planet.