



GIT
MOM



GET IT TOGETHER



GITMOM

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HELPING MOMS GET IT TOGETHER

What is GIT Mom? Get it together Moms!

The hardest thing to do post-baby is to get your life together. That's where Mompreneur GIT Mom comes to the rescue!

President & CEO of GIT Mom, Eirene Heidelberger, is a certified parent coach. She offers a full-service parent coaching firm dedicated to helping Moms Get-It-Together so they have more time to do the activities they most enjoy, while also providing the kind of parenting their children need!

According to market research, there is no other expert on the market teaching "Guilt-Free Parenting." There isn't a real mom out in the trenches teaching simple 1-2-3 steps on how to parent.

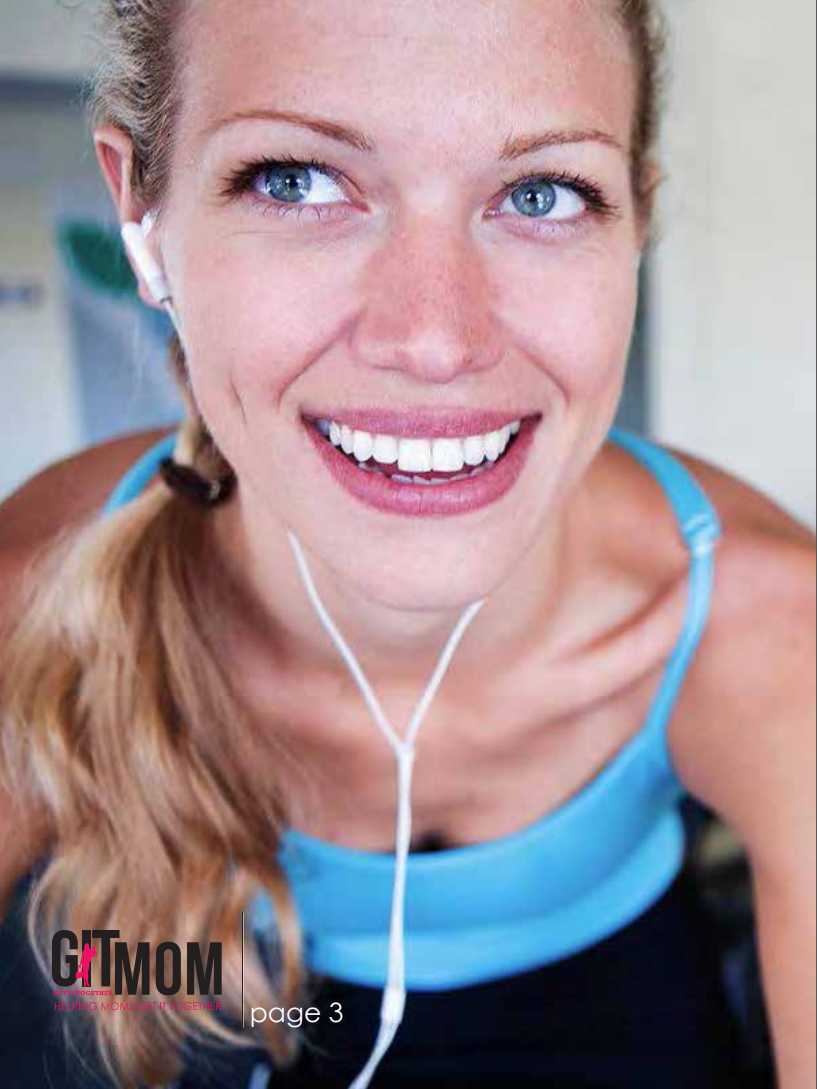


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Whether it's taking the time to work out, watch TV, or meet friends for happy hour, moms need to learn the importance of satisfying their personal needs. You are the matriarchs of the family, but you're also individuals. The more you make room to be both, the more your families will thrive.

The reality is – if you're providing your children with the right parenting, they are happy and thriving little beings, which means mommy gets to have guilt-free "me time"!

That's why Eirene created the GIT Mom system – to provide parents with the most effective tools to parent their children. With GIT Mom's tips and tricks, parents get help with issues centered around baby prep, early days with a newborn, sleep training, schedule creating, guiding discipline and good behavior, and most importantly, building children's self-esteem and confidence.



About

Eirene lives in Chicago, is happily married, a mother to three boys under the age of 10, and still has time for her avid workout regime and social life. She has 10 years of experience coaching moms on how to “Get It Together.” She is constantly stopped on the street by people complimenting her children on their stellar behavior.

Social Media Stats (and Growing!)

Twitter	10,000
Facebook	42,841
YouTube Views	11,986
Instagram	2,183
Website Page Views (70% in Chicago-area)	1,500/month
Newsletter Subscribers	1,253



EIRENE HEIDELBERGER
PRESIDENT & CEO

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Services

Eirene provides so much more than parent coaching. She provides real-life, hands-on support. Imagine your most sleep deprived self in a state of 2 AM delirium trying to coax your new baby to sleep. You've waved the white flag and don't know where to turn...GIT some help.

No challenge is too small or large to tackle! By incorporating the GIT Mom program into your family life you will:

- Help your children go to sleep on cue and wake up happy and well-rested
- Give your children a schedule that best fits your family's needs
- Guide your children's good behavior
- Discipline your children most effectively
- Get your children to listen and respect you and
- Teach your children self-esteem and confidence



Packages

We will help you get it together to be a confident, successful parent and teach you how to create that ever-so-important “happy mommy time” for yourself.

GIT Mom offers several packages from “The Baby’s Coming!” to “GIT a Tune Up.” Be proactive and take the time to fix issues before they become dirty little habits. In the end, you will have a calm and happy home!



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GET INSPIRED
HELPING MOMS GET IT TOGETHER

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As Seen On



THE HUFFINGTON POST



Chicago
Parent



Kidville
Happy Kids, Happy Families



make it better



Parenting team

pottery barn kids



Comments/Testimonials

"Matt can't stop talking about your time with us. He's so excited for the baby to come, yet understands what I will need to be a great Mom and how he can support me best."

- Kathleen, mom to Jackson, 18 months

(Purchased "The Baby is Coming" home prep visit along with "GIT 365" package)

"You should see my other friends, they are a total mess..."

-Lisa, mom to Pearl, 2 1/2, Max, 7

(Purchased the "GIT 90" package)

"My first week back to work was a breeze. Two weeks before returning to work, Eirene coached us over the phone how to get Michael sleeping through the night. Then she helped me create a schedule for my partner and I to leave for work on time, how to best pump at work, and have a calm conversation with my mother-in-law on how to care for our baby the way WE want it done. We even looked at my yoga schedule to find time to exercise. We even found time for my boyfriend and I to finally have a date night on the books! Eirene accomplished all this in just a one hour consultation."

-Lauren, mom to Michael, 3 months



Looking Forward to Working With You!

Contact Me

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