

Antenatal Classes

Hello and Welcome

Congratulations on your pregnancy. I know that this is a time that you have been longing for and I'm so excited that you are considering including me in this wonderful journey!

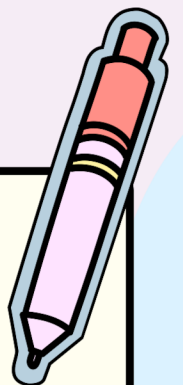
In this letter I am going to explain what we cover in our antenatal classes as well as how we do them, here at Mums & Bums.



"How can someone so little fill so many hearts?"

Class 1:

- Nutrition
- Anatomy & Physiology
- Minor Disorders of Pregnancy
- Normal Vaginal Birth and/or C-section
- Birth Partners Roles
- Relaxation Techniques
- Induction of Labour





Class 2:

- Pain Management
- What to Expect After Birth
- Breastfeeding
- Postnatal Depression & Baby Blues
- Parenting, Life After Birth & Sex
- Common Baby Problems: Rashes etc.
- Immunizations

HOW OUR CLASSES WORK:

Our antenatal classes are divided up into two classes on two separate Saturdays. They usually run from about 9:00 until 14:00 (depending on questions). Each class includes a light lunch.

We try our best to stay abreast of new research and so these classes are ever changing and adapting. We also tailor them to your preferred method of delivery.



Read more about our clinic

www.mumsandbums.co.za