

ANTENATAL CLASSES

At Mums & Bums

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 It Works

Our antenatal classes are split over two separate Saturdays.

Each class runs from around 9:00 to 14:00 (depending on questions and discussion) and includes a light lunch.

We regularly update our content to based on the latest research each class is suited your preferred birth plan, whether that's a vaginal birth, C-section, or something in between.

Class 1:

- Nutrition
- Exercise in pregnancy
- Anatomy & Physiology
- Disorders of Pregnancy
- Normal Vaginal Birth and/or C-section

Class 2:

- Inducing labour
- Pain relief in labour
- Caring for yourself and your baby after birth
- Breastfeeding
- Postnatal Depression
- Common Baby Problems
- Immunizations

Contact Info



To book your class, contact us:

+27 64 508 1672
info@mumsandbums.co.za