

Mummies Birth Buddy

Supporting Contented
Clients

BIRTH PREPARATION COURSE OUTLINE

Mummies Birth Buddy Birth Preparation Courses are run from various locations in Northampton.

The courses are organised over a number of sessions and will help **you** explore all your options. We will share ideas and ways of preparing for your birth and postnatal period. Included in this is a birth pack which will assist you in preparing for the birth of your baby. Your partner will also have the opportunity to ask any questions and to explore specific ways in which they can support you during labour.

Our birth preparation class also includes e-mail and telephone support to clarify any issues or answer specific questions after the course. Should you wish to employ me as your doula after this session; the fee will be deducted from the cost of the birth doula package.

Class topics

Week 1 & 2. Pregnancy, Labour & Birth

Pregnancy care, exercise and relaxation techniques.

What is labour? How does labour work? The stages of labour and discussion of different techniques for managing discomfort. What happens when things don't go to plan. Hands-on skills.

Week 3. Caring for your new baby

Arriving home with your new baby. This session looks at some of the practicalities of coping with and enjoying the challenges of the first weeks. We will also pick up any topics not covered in week 1 & 2.

Week 4. Fatherhood & becoming a mother – Breastfeeding or Bottle

Supporting your partner through the delivery & afterwards, how you can support breastfeeding. How your relationship might change once the baby has arrived. Becoming a mother: your new role and including the how and why of breastfeeding and dealing with any difficulties. Bottlefeeding – how and why.

Week 5. Course overview

How to avoid induction; Slings; breastfeeding reminders, postpartum depression. Plus this is your chance to re-cap on all the topics covered and ask any unanswered questions. You can also use this time to be sure you have the other course members details and book the reunion date into your diary.

www.mummiesbirthbuddy.co.uk
07966 288236

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BIRTH PREPARATION COURSE OPTIONS

One to One Birth Preparation:

Duration: 3 sessions.

Cost: £130.00 per couple

Session Length: 2-3 hours

Mileage charge: First 5 miles free – after this £0.40 per mile

Evening Antenatal Class

Duration: 6 week course, one session per week plus reunion.

Cost: £65.00 per couple

Session Length: 6:30 – 9.00

Location: Northampton

Class size: Maximum of 5 couples

Weekend Antenatal Courses

Duration: 2 days

Cost: £65.00 per couple

Session length: 10:00 – 17:30

Please complete the following sheet indicating which course you would like to book onto and please send either a BACS payment to the details shown overleaf or a Paypal payment. Please see booking form for terms & conditions and prices including any fees incurred.

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BIRTH PREPARATION BOOKING FORM

Personal Details

Name: _____ Surname: _____

Address: _____

Telephone number: _____ Mobile: _____

E.mail: _____

Partner's name: _____ Due Date: _____

How did you hear about this course? _____

Do you have any concerns? _____

Are you planning to birth Home Hospital

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Course Fees (Please select your course)

- One to one: £130.00 by BACS / £135.00 Paypal**
Plus mileage charge of £0.40 per mile (first 5 miles free)
- Evenings (5 weeks): £65.00 by BACS / £72.00 Paypal**
- Weekend: £65.00 by BACS / £72.00 Paypal**

Signed: _____ Date: _____

Bank Transfer Details:

Account number 41177055 Sort Code: 05-06-33

Ref: Your surname—BirthPrep e.g. Smith—BirthPrep

Paypal: mghealth1@yahoo.co.uk

Please return your booking form to Mummies Birth Buddy to the address below. If paying by Bank Transfer please indicate date paid on the booking form. Cash can be paid on the first session.

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BIRTH PREPARATION BOOKING CONDITIONS

Booking Conditions

MG Health & Nutrition pride themselves on offering/promoting excellent courses and your satisfaction is our prime concern.

All payments are strictly non-refundable BUT transferable.

If you have to drop out for any reason after you have made full payment, we will try and re-sell your place for you.

If we are successful, we will refund you 70% of any monies paid. If we are unable to find a replacement, we will be unable refund any of your course fee BUT reserve the right to transfer you to another course.

IMPORTANT - Places cannot be confirmed until the full payment has been received and due to small classes it is on a first come first served basis with regards to full payments to be fair on everyone.

Full payments for our courses are to be paid no later than 14 days before the start date (**or straight away for last minute bookings**).

In the unlikely event the course date you have chosen is cancelled by the tutor you will be offered alternative dates, if you cannot attend this date you will be refunded the full course fee. By booking with us you are in full agreement to these bookings conditions.

You will receive an email confirmation within 3 days. If you need to contact MG Health & Nutrition by phone please dial: 07966 288236. Please note that if MG Health & Nutrition are not available an answer phone will take the call. Please leave your name, number and the course you are enquiring about. This call will be returned with 24hrs

*Mummies Birth Buddy & The Bump, Birth & Beyond Space
are divisions of MG Health & Nutrition Ltd.*

Registered address: 12 Windermere Way, Boothville, Northampton, NN3 6PA.

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