

Mummies Birth Buddy

BIRTH PREPARATION

COURSE OUTLINE

Are you expecting a baby? Are you excited, but feel stressed and often confused by the choices that you have? Why not share your concerns, ask questions. Our birth preparation classes are a lovely opportunity for you to explore what is likely to happen before, during and after the birth of your precious little bundle(s). Have a safe haven to ask and have questions answered, to discuss and to share and to find solutions together.

Your birth preparation classes are organised to 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.

Help boost your confidence & greet the experience with positivity. Our classes will help you to feel empowered & to take an active role in the birth of your baby, help you make informed choices about your care and how you would like your baby to be born.

Venue.

If booking a one to one these are in the comfort of your own home (a mileage charge is payable for this).

If you are booking a group course the venue is **Trefoil House, 14 Scirocco Close, Moulton Park, Northampton, NN3 6AP**. Our classes are held in a lovely open plan space on the 1st floor of Trefoil House.

Our holistic birth preparation class also includes e-mail and telephone support to clarify any issues or answer specific questions after the course. Included in your package is 4 weeks email and telephone postnatal support. 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. The cost of each package can be paid by BACS transfer or by Paypal (additional fee added to cover costs)

Your Saturday Course start at 09.45 until 16.30. The course includes all handouts, refreshments, a light lunch and a fun leaning environment. A reunion is organised when all the couples have had their babies.

Payments.

The cost of each package can be paid by BACS transfer or by Paypal (additional fee added to cover costs).

One to one courses are £130 (£135 is paid by Paypal) and Group courses are £60 (£67 if paid by Paypal)

Research.

Research shows that women who attend antenatal classes cope better with labour and birth.

Both you and your partner will be more confident and in control.

You'll be able to make informed choices about your care.

You'll have the opportunity to meet like minded people and form an invaluable support network.

Our classes are small (maximum of 8 couples), relaxed and informal, giving you plenty of opportunities to ask questions. As we only book on a first come first served basis please contact us to check availability and for further details or visit our Shop and purchase your antenatal package.

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We teach in small groups (a maximum of 8 couples) and therefore we only book on a first come first served basis please contact us to check availability & for further details or visit www.mummiesbirthbuddy.co.uk and purchase your antenatal package via our online shop.

The courses are organised over a number of sessions during the day 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.

What will you need to wear? Loose clothing, bring a pair of socks and a sweater.

What will I need to bring with me? A birth ball and any specific refreshments that you would like.

Please let Mummies Birth Buddy know if you have any special dietary requirements so that these can be catered for during the light lunch. The light lunch will consist of homemade soup, a selection of cheese and fruit.

During the day we will focus on the following.

Pregnancy care, pregnancy yoga, breathing and relaxation techniques.

What is labour?

How does labour work? The stages of labour

Discussion of different techniques for managing discomfort.

Hands-on skills.

Birth place options — home, hospital

Birth & Labour positions

What happens when things don't go to plan.

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. Supporting your partner through the delivery & afterwards, how you can support breast-feeding. How your relationship might change once the baby has arrived.

Becoming a father—what can I do?.

Becoming a mother: your new role and including the how and why of breastfeeding and dealing with any difficulties. Bottle feeding - how and why.

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)
- Saturdays. £60.00 by BACS / £72.00 Paypal

We would be pleased to receive a 50% deposit of £30 by bank transfer and the balance of £30 on the day in cash. Please see the booking form for bank details or Paypal address.

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BOOKING FORM

Personal Details

Name: _____ Surname: _____

Address: _____

Telephone number: _____ Mobile: _____

E.mail: _____

Partner's name: _____ Due Date: _____

How did you hear about this course? _____

Dietary requirements: _____

Do you have any concerns? _____

Are you planning to birth Home Hospital

Are you planning to breastfeed or bottle feed? Breastfeed Bottle

Any other information: _____

Course payment:

- I have paid the fee in full by Bank transfer
- I have paid a deposit of £30 by bank transfer and will pay the balance of £30 on the day of the course in cash
- I have paid the fee in full (£65) by Paypal
- I have paid a deposit of £35 by Paypal and will pay the balance of £30 on the day of the course in cash

Signed: _____

Date: _____

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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 day.

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. If Mummies Birth Buddy has agreed for you to pay a 50% deposit this will secure your booking.

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 Mummies Birth Buddy by phone please dial: 07966 288236.

Please note that if Mummies Birth Buddy is 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 within 24hrs