

BirthWise-Online

Let's have a closer look at the programme content

Each module provides...

- * A video of your friendly childbirth educator...that's me... sharing her wisdom .
- * Information sheets with knowledge gathered over my many years of experience and learning
- * Worksheets to enable you to work together and prepare for your own unique birth and early parenting journey



A choice of extra birth and parenting resources is provided for more helpful information and support.

What's in the modules?

Module 1

Wellbeing in Pregnancy: emotional and physical care and support

Pre and Early Labour: how to recognise what you're experiencing and respond appropriately

The Birth Process: the various different pathways of the birth continuum

Module 2

The Mind & Body Working Together: Understand how thoughts, emotions and hormones all play a part in how labour and birth progress

Creating a BirthSpace: what is this?

The Birth Support Partner: holding the birthspace; massage/touch; positions/movement

Relaxing Mind and Body: relaxation/meditation techniques

Module 3

Making Decisions: how to ask questions and be involved in decision-making

Medical Assistance: How to navigate through medical choices, knowing benefits and risks

Communicating Your Preferences: what you want/need with support from your care-givers

Zoom/Skype call: A well deserved online session after all your learning and preparation to ask questions and fine tune your preferences

Module 4

Baby's First Hours: this amazing time of baby getting to know mum and dad face-to-face

Postnatal Care: self care and what to expect from your care-givers

How Parents and Babies Communicate: babies are primed ready to respond to their parents and actually are able to communicate in their own individual way.

Module 5

Breastfeeding: a wonderful journey of mum and baby learning together. Why not learn how to get off to the best start. The challenges as well as the triumphs.

Becoming Parents: understanding the changes that take place, self care and looking after the family space with support.

Zoom/Skype call: our final online chat to go over anything from the course that you need to, and you're on your way!

Drop me a line, text or call me if you'd like to know more.....Janet