

## Childbirth and Parenting Preparation Workshop

A comprehensive one-day course, that will equip you with everything you need to know about late pregnancy, birth and newborn care. Workshops can be attended from 28 weeks of pregnancy.

You can still attend even if you are having a planned caesarean section as the other aspects are still important, but will skip the section on natural birth (discounted rate applies). Topics covered:

- ♥ Preparing your mind and body for birth and baby
- ♥ Common pregnancy complaints and solutions
- ♥ Danger signs – when to go to hospital
- ♥ Signs of labour
- ♥ Natural birth, stages of labour, pain relief options – natural and pharmacological
- ♥ Possible complications, interventions, caesarean sections
- ♥ Your newborn – bonding, breastfeeding, bathing, cord care, sleeping, etc.
- ♥ Management of emergencies, choking and CPR
- ♥ The postnatal period, what you can expect with regards to recovery
- ♥ And more...

### 2020 Class Dates

Workshops are held on one Saturday per month from 08h00 – 14h00

January – 4<sup>th</sup>  
February – 1<sup>st</sup>  
March – 7<sup>th</sup>  
April – 4<sup>th</sup>  
May – 2<sup>nd</sup>  
June – 6<sup>th</sup>  
July – 4<sup>th</sup>  
August – 1<sup>st</sup>  
September – 5<sup>th</sup>  
October – 3<sup>rd</sup>  
November – 7<sup>th</sup>  
December – 5<sup>th</sup>

**Venue:** Flora Hospital, c/o William Nicol & Joseph Lister Avenue, Floracliffe (open to all even if you are birthing elsewhere)

### 2020 Pricelist

Service	Price
Childbirth and Parenting Preparation Workshop	R1 600 per couple (R1 400 if booked for caesarean section)
Private Antenatal Class	R1 800 per couple for a Saturday at your venue

- A deposit of 50% is required to secure your booking – please consult with me regarding availability before making payment – this is non-refundable.
- Balance is payable via EFT one week before the booked class – no cash or card payments will be accepted. Please email proof of payment with completed booking form (available on website) to chantelle@bumptobaby.co.za.
- Once payment is received, you will be given an invoice, which can be used to claim back from your Medical Aid – most Medical Aids do cover Antenatal Classes, but please enquire with your fund regarding availability of benefits.
- Fees are charged in accordance to the suggested SPNP tariff guidelines.

Banking Details:

Capitec Bank – Savings Account

Account Name: Bump to Baby

Account Number: 1525265146

Branch Code: 470010