



## Antenatal classes

We offer a warm, welcoming forum in which to address your concerns about pregnancy, labour, birth and early parenting. Moreover, our antenatal classes provide the opportunity for you to meet other expectant parents in similar circumstances and to have some fun while learning.

### Duration

- Six week workshop
- 1 class per week
- 2 hours per class

### What to wear

Practical role-play is a critical part of our antenatal programme. Mums will feel more comfortable in loose fitting clothing preferably leggings or tracksuit pants.

### What to bring

Emphasis is on your comfort. For those of you who suffer from backache you're welcome to bring your own cushion for support. We also strongly recommend that you bring your birthing partner to all classes.

### Dates for upcoming courses

2017: 20 November - 11 December ( 4 week course - cost is R1200)

2018: 15 January - 19 February  
26 February - 2 April  
16 April - 21 May  
28 May - 2 July  
17 July - 21 August  
9 October - 13 November

### Booking

Pre-booking is essential. Space is limited so it's best to plan ahead.

### Cost

The total cost is R1500.00. A non-refundable deposit of 50% is mandatory to secure your booking. The balance is payable at or before first class registration.

In order to provide the best possible experience for you our classes are small. We take a maximum of 7 couples per 6-week programme. No refunds are given for absenteeism.

### Payment

Baby Grow Clinic  
Standard Bank  
Cheque Account number 070355304  
Branch Code 020009



## Antenatal programme schedule

### Week 1: In the beginning

- Registration, welcome, and getting to know the rest of the group
- Why antenatal classes are important
- Addressing your pregnancy concerns
- Anatomy of the uterus, placenta and cervix
- How labour starts
- Phases of labour (video)

### Week 2: Dealing with stage one labour

- Communication tips
- Practical role play on labour positions and breathing techniques
- How your birthing partner can help (massage, pressure points, coping mechanisms)
- \*Guest speaker: Gayle Friedman (child birth support specialist) on 'Being a Doula' – child birth support and the use of aromatherapy oils
- Relaxation technique (practical)
- Labour hormones and how they help you

### Week 3: Giving birth and managing discomfort

- Birthing positions and how to push correctly
- What to expect from your birthing partner
- What the birth will be like (video of 2 births)
- Episiotomy – when to cut to prevent vaginal tearing
- Final phase of labour – what happens after the birth
- Complications and Caesarean births
- Your body after you've given birth

### Week 4: Moms only class

- Discussion for moms on breastfeeding
- Breastfeeding video

## Week 5: All about baby

- \*A discussion with Ruth Katzman (lactation consultant and physiotherapist) on how to cope with breastfeeding challenges
- Talking to those who know - new parents give their view
- Demonstration on how to bath baby (real baby practical)
- The fold or dispose nappy debate
- APGAR score – the first test given to your newborn
- The importance of vitamin K
- Birth registration – when and where

## Week 6: More about baby

- \*Dr Anna Keating talks about how chiropractics can help crying babies
- More about crying baby
- Jaundice and how it affects your baby
- The circumcision decision
- Immunisation
- Programme revision – highlighting key areas
- Setting a reunion date (usually 3 months from course end)
- Course evaluation
- Saying goodbye – for now
- Every effort is made to ensure that we provide the best possible experts for our guest speaker time slots. However, we cannot always guarantee their availability. Please be aware that subject matter may alter slightly if guest speakers are unavailable.

## Testimonials

*"Hi Conny thank for an excellent class. We really learnt tons and look forward to this journey now that we are better equipped. Good luck to everyone". Jade, 2016*

*"Thank you so much Conny, it was a great class and we are very happy to have met you and all the couples. I hope to see everyone again. Xxx". Ina, 2016*

*"Thank you Conny for sharing your wisdom and knowledge with us, we both found your classes very useful and learnt a lot. We feel way more confident going forward as parents!". Gill, 2016*

*"Thank you Conny! The classes were all very helpful and informative. We both really enjoyed the course". Emma, 2016*

*"Thanks Conny! The weeks flew by - really enjoyed the classes. Thanks to everyone else also for the good company, and to all those who kept us so nicely fed". Bronwyn, 2016*

*"Thanks Conny. We learned alot and feel much better equipped now. And it was awesome it meet the other couples. Good luck everyone". Heleen, 2016*

